

Summer Psalms
10,000 REASONS
Saturday, August 16
Reading: Psalm 103

***Psalm 103:1** Bless the LORD, O my soul, and all that is within me, bless His holy name!*

CHORUS:

Bless the Lord, O my soul
O my soul, worship His holy name
Sing like never before, O my soul
I'll worship Your holy name

[1] The sun comes up, it's a new day dawning
It's time to sing Your song again
Whatever may pass and whatever lies before me
Let me be singing when the evening comes

[2] You're rich in love and You're slow to anger
Your name is great and Your heart is kind
For all Your goodness I will keep on singing
Ten thousand reasons for my heart to find

[3] And on that day when my strength is fading
The end draws near and my time has come
Still my soul will sing Your praise unending
Ten thousand years and then forevermore

This song was written in the wee hours of the morning in 2011. Matt Redman and his friend and fellow songwriter Jonas Myrin had been working on new material for 15 hours. Several times during this session Myrin had tried to play a new melody he was composing but Redman wanted to finish what they were working on and not start something new. Finally, he gave in and listened to his friend's new music. He was instantly struck by the tune that would become the chorus for "10,000 Reasons." Redman once told Premier Christian Radio, "Every song starts with some kind of theme and then you let that grow. I've learned over time, if you get an idea for a song, you don't just sit down and write it there and then."¹ However this song was an exception. It was written in about an hour! The song went on to win two Grammy Awards and top the Billboard Christian Song chart in 2012. More importantly, it has touched the lives of countless people. Some of the stories have been compiled in the book 10,000 Reasons: Stories of Faith, Hope, and Thankfulness Inspired by the Worship Anthem.

The song itself is based on Psalm 103 where David gives a list of reasons to praise God. The chorus and first verse of '10,000 Reasons' comes from 103:1. It is a call to praise and worship the Lord. The psalm ends with this same call (103:20-22).

Bless the LORD, O you His angels, you mighty ones who do His word, obeying the voice of His word!
Bless the LORD, all His hosts, His ministers, who do His will! Bless the LORD, all His works, in all places of His dominion. Bless the LORD, O my soul!

The second verse is inspired by the description of God as "merciful and gracious, slow to anger and abounding in steadfast love" (103:8). The theme of the third verse can be seen in the words about man's "days are like grass" and then "the wind passes over it, and it is gone" (103:15-16). The idea of '10,000 years' was inspired by the last verse of 'Amazing Grace' – "When we've been there ten thousand years bright shining as the sun." Thinking on the "benefits" David describes in Psalm 103 just made the theme of 10,000 reasons make sense. Matt Redman has said this about the song:

'If you wake up one morning and you cannot think of a reason to bring God some kind of offering of thanks or praise, then you can be sure there's something wrong at your end of the pipeline, and not His. We live beneath an unceasing flow of goodness, kindness, greatness, and holiness, and every day we're given reason after reason why Jesus is so completely and utterly worthy of our highest and best devotion.'²

¹ <https://www.premierchristianity.com/reviews/10000-reasons-the-meaning-behind-the-popular-worship-song/5251.article>

² <https://oasischurch.com.au/4032-2/>