

## **“All His Benefits”**

### **Psalm 103**

Listen to the psalmist's admonition in verse 2; "Praise the Lord, O my soul, and forget not all his benefits – benefits that are indeed great and marvelous. To forget these benefits would be an act of ingratitude, rather we should appreciate them and have our lives enriched by them. Let's look together at a partial list of these benefits found in this psalm.

1. Forgiveness – verse 3. God forgives all our sins as we also see in 1 John 1:9; "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."
2. Healing – verse 3. God heals our diseases and many years later Peter gives us these words in 1 Peter 2:24; "He himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness; by his wounds you have been healed." We may or may not be healed of all our physical diseases but through faith in Jesus we will certainly be healed of the disease of sin.
3. Redemption – verse 4. Bought back from a life of sin and separation from God to be part of his family.
4. Glorification – verse 4. We have been made in the image and likeness of God. Thus the words of Psalm 8:4-5 have meaning for us. "What is man that you are mindful of him, the son of man that you care for him? You made him a little lower than the heavenly beings and crowned him with glory and honor."
5. Provision – verse 5. He understands our every need and cares for us in every way. He also provides for us our daily bread.
6. Strength – verse 5. God bears us along with his might as we wait for him to renew our strength day by day so we can rise up like the mighty eagle.
7. Protection – verse 6. The Lord works righteousness and justice for all the oppressed. He is in control and cares for his own.

All these benefits and more are available to us but the greatest benefit of all is the "gift of salvation" through God's grace and mercy and our faith in Christ Jesus. As you read through this Psalm note the psalmist's testimonies of God's mercies in verse 4, 8, 11, and 17. God's great love and mercy continually reaches out to his people.

These benefits, infinite as the universe, enduring as eternity are dimensions of God's mercy. They provide insight into the awful depravity of our sin, which requires such a tremendous depth of mercy on God's part as seen in verse 12; "As far as the east is from the west, so far has he removed our transgressions from us." No wonder this great psalm both begins and ends with the inspiring exhortation, "Praise the Lord, O my soul."

Let us always be aware of these benefits and praise the Lord in our soul.

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