

DAVID'S EXHORTATION TO INDIVIDUAL WORSHIP

BIBLE TEXT : Psalm 103:1-22

LESSON 227 **Junior Course**

MEMORY VERSE: "Bless the LORD, O my soul: and all that s within me, bless his holy name" (Psalm 103:1).

BIBLE TEXT in King James Version

Psalm 103:1-22

¹ Bless the LORD, O my soul:
and all that is within me, *bless*
his holy name.

² Bless the LORD, O my soul,
and forget not all his benefits:

³ Who forgiveth all thine
iniquities; who healeth all thy
diseases;

⁴ Who redeemeth thy life from
destruction; who crowneth thee
with lovingkindness and tender
mercies;

⁵ Who satisfieth thy mouth with
good *things*; so that thy youth
is renewed like the eagle's.

⁶ The LORD executeth
righteousness and judgment
for all that are oppressed.

⁷ He made known his ways
unto Moses, his acts unto the
children of Israel.

⁸ The LORD *is* merciful and
gracious, slow to anger, and
plenteous in mercy.

⁹ He will not always chide:
neither will he keep *his anger*
for ever.

¹⁰ He hath not dealt with us
after our sins; nor rewarded us
according to our iniquities.

¹¹ For as the heaven is high
above the earth, so great is his
mercy toward them that fear
him.

¹² As far as the east is from the
west, so far hath he removed
our transgressions from us.

¹³ Like as a father pitieth *his*
children, so the LORD pitieth
them that fear him.

¹⁴ For he knoweth our frame;
he remembereth that we *are*
dust.

¹⁵ As *for* man, his days *are* as
grass: as a flower of the field,

BIBLE REFERENCES:

NOTES:

With All His Might

As David thought of his many blessings, his heart was filled with praises to God. David could not bless God as God blessed him, but David could glorify God by praising Him. David felt that he, himself, owed praises to God. A spirit of gratitude mild thankfulness urged David to praise God deeply, with all that was within him: with all his heart, with all his soul, with all his mind, with all his strength, and with all his might.

The benefits of the Lord are the blessings and good things that He has given us. We must not forget any of them. Some people would take credit to themselves for the good in their lives; they consider that they have earned and deserved those good things. But God is the source and fountain of every good thing. "Every good gift and every perfect gift is from above, and cometh down from the Father of lights" (James 1:17). Our praises are little enough in return for God's mercies.

Pardon

As David considered the mercy of God, he began to count the blessings for which he was praising God. David had received from God a pardon for all *his* sins, not just the little ones nor just the so-called black ones. David praised God who had forgiven all his sins. How did David know that God had forgiven all his sins? David had admitted that he was a sinner; he had confessed all his sins to God; he had repented of every sin; he had asked God to forgive him; and when he believed in God's promises, in David's heart was a peace and an assurance that his sins were forgiven and gone. This pardon for sins was not to David only; every one can receive it from God, "If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness" (I John 1:9).

Healing

Another blessing from God that David received was healing for his body — healing from all diseases. God's power is not limited to a few diseases nor the less serious ones. God heals all sicknesses and diseases. Nor was this just for the people in Bible times. We, today, can receive healing for our bodies through the Blood of Jesus.

In the Bible are instructions for the sick. "Is any among you afflicted? let him pray... and the prayer of faith shall save the sick, and the Lord shall raise him up" (James 5:13-15). In the Bible, too, are many examples where the sick were healed: of leprosy (**Matthew 8:3** ³ And Jesus put forth *his* hand, and touched him, saying, I will; be thou clean. And immediately his leprosy was cleansed), of palsy (**Matthew 8:6** And saying, Lord, my servant lieth at home sick of the palsy, grievously tormented. **Matthew 8:13** ¹³ And Jesus said unto the centurion, Go thy way; and as thou hast believed, so be it done unto thee. And his servant was healed in the selfsame hour), of fever (**Matthew 8:14-15** ⁴ And when Jesus was come into Peter's house, he saw his wife's mother laid, and sick of a fever. ¹⁵ And he touched her hand, and the fever left her: and she arose, and ministered unto them), of blindness (**Matthew 9:28-30** ²⁸ And when he was come into the house, the blind men came to him: and Jesus saith unto them, Believe ye that I am able to do this? They said unto him, Yea, Lord. ²⁹ Then touched he their eyes, saying, According to your faith be it unto you. ³⁰ And their eyes were opened; and Jesus straitly charged them, saying, See *that* no man know *it*), of a withered hand (**Matthew 12:13** ¹³ Then saith he to the man, Stretch forth thine hand. And he stretched *it* forth; and it was restored whole, like as the other), of a speech defect (**Matthew 12:22** ²² Then was brought unto him one possessed with a devil, blind, and dumb: and he healed him, insomuch that the blind and dumb both spake and saw), and of many other diseases. "Jesus went about all the cities and villages, teaching in their synagogues, and preaching the gospel of the kingdom, and healing every sickness and every disease among the people"

so he flourisheth.

¹⁶ For the wind passeth over it, and it is gone; and the place thereof shall know it no more.

¹⁷ But the mercy of the LORD is from everlasting to everlasting upon them that fear him, and his righteousness unto children's children;

¹⁸ To such as keep his covenant, and to those that remember his commandments to do them.

¹⁹ The LORD hath prepared his throne in the heavens; and his kingdom ruleth over all.

²⁰ Bless the LORD, ye his angels, that excel in strength, that do his commandments, hearkening unto the voice of his word.

²¹ Bless ye the LORD, all ye his hosts; ye ministers of his, that do his pleasure.

²² Bless the LORD, all his works in all places of his dominion: bless the LORD, O my soul.

(Matthew 9:35). In the Apostolic Faith office in Portland, Oregon, are records and testimonies of people who have received healing for all manner of disease and sickness when prayer was offered and faith was exercised in God. If you are sick or know someone who is sick, do not these words of David encourage your heart to praise God who can heal "all thy diseases"? No doubt God has healed you in times past. Did you remember to thank and praise Him'?

Other Blessings

David knew that one who spends his life in sin faces destruction and spiritual death. David knew, too, that God could redeem his soul from the destroyer, Satan. To redeem means to recover and to buy back. God's Son, Jesus Christ, gave His life to redeem our souls. He paid the price and the ransom for our sins. David knew that God could redeem, but he knew even more that God had redeemed his soul. Many people know that they can be saved. It is quite another thing to know that one is saved and has the assurance that he has been redeemed. It is not enough to have the knowledge that one can be saved. We must be able to speak definitely to know that God has saved us. Do you have the witness in your heart and life that you are saved?

God had not only saved David from death and ruin but He had made him truly and completely happy. The Lord had crowned David with honor, pleasure, and long life. The greatest pleasure in all the world is having the favor, protection, and forgiveness of God. David was mindful of the love, kindness, and mercy that God had shown to him, and given to him. When a person is saved, God puts in his heart a spirit which shows "lovingkindness and tender mercies" to others. A Christian bears the fruit of the Spirit (**Galatians 5:22-23** ²² But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, ²³ Meekness, temperance: against such there is no law.) A Christian receives blessings from the Lord that he may be like Christ. The name Christian means Christlike.

The Bible

David expressed his appreciation and thanks for the Word of God. The Word of God is food for our soul. Without the Word we would starve spiritually. Job cherished the words of God more than his temporal food. He said, "I have esteemed the words of his mouth more than my necessary food" (Job 23:12). The Prophet Isaiah invited all people to partake of spiritual food, that they might be satisfied. "Wherefore do ye spend money for that which is not bread? and your labour for that which satisfieth not? hearken diligently unto me, and eat ye that which is good, and let your soul delight itself in fatness" (Isaiah 55:2).

No other book has ever been written that can build one up spiritually as the Bible does. The Word of God is necessary, for it encourages our faith, our hope, and our love in God. From the very beginning of time, God has talked to man and given him His Word. The Children of Israel were taught God's will and way by Moses and the Law. We have the Bible as well as being able to make contact with God through prayer.

As an Eagle

David likens a Christian to an eagle, a bird which has a long life — some living to be 100 years old. One might think that in such a long time an eagle would have a ragged appearance, with some of its feathers shabby and lost. The feathers are necessary to a bird. They give protection from the heat and from the storm. The feathers are important to a bird for flying. If too many feathers were missing from one wing, the bird could not fly in the direction it desired to go. The eagle has been known to use its wings as a weapon — to beat and pound its enemy and victim. An eagle would not live long if it lost its feathers or if they became broken and tattered. God has provided for the eagle: At regular intervals there is a molting — when old feathers drop off, one by one, and new feathers take their place. The eagle's protection, weapon, and assistance in flight are renewed.

There is a renewing for the Christian by the Word of God — not in appearance only but in the renewing of the spirit. God has provided for the Christian, "according to the riches of his glory, to be strengthened with might by his Spirit in the inner man!" (Ephesians 3:16). Prayer and consecration are also necessary to keep one's spirit ever fresh and renewed.

David said that "thy youth" is renewed like the eagle's. In referring to youth, one means a time of strength, activity, enthusiasm, and a period of growing. Living by the Word of God — obeying it as well as studying it — renews and revives the spirit of a Christian. He need never reach the place where his spirit is frail and bent with age. The physical condition of a person becomes weakened and inactive but the inner man is strong and steady. The Prophet Isaiah used the eagle, too, in illustrating what God will do for those who depend upon Him. Isaiah said: "They that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint" (Isaiah 40:31).

Thine

These blessings which David has mentioned were not for him only but for every one who believes. In these verses David did not say my; he said thy blessings. To these good things especially noted by David can be added others, like the friendship of God's people, and the privilege of attending church. Can you add to this list good things that God has provided for you?

Mercy of God

God did not give the punishment we deserved for the sins that WE had committed: God is merciful and long-suffering; never is He unjustly severe (**Romans 11:22** ²² Behold therefore the goodness and severity of God: on them which fell, severity; but toward thee, goodness, if thou continue in *his* goodness: otherwise thou also shalt be cut off.). God is just and fair. Through His Word He lets us know what He expects of us, and that we can depend upon Him. When a person repents and prays for forgiveness, no longer is the anger of God against him. His sins are removed so far that the distance cannot be measured — "as far as the east is from the west." He receives mercy, pity, and a full pardon rather than the reward of his sins.

David compares the endurance of God's mercy with the life span of a man. In comparison with God's mercy, the life of man is like "a vapour, that appeareth for a little time, and then vanisheth away" (James 4:14). David also likened a man's life to the flower of the field — not even a flower of the garden. A flower of the field is not cultivated nor irrigated, nor sprayed against bugs and disease. A flower of the field is exposed to frost, heat, and storms. It is a common flower just like others. It is likely to be stepped on and crushed, or to be eaten and destroyed by an animal. Flowers of the field do not live very long. They are soon gone and forgotten. Likewise, it is usual for a person to live a comparatively short life, and then die. But the mercy of God is not so. It endures forever to those who fear and serve God, to those who keep His commandments, and who live a life of faith and obedience. "Surely the people is grass. The grass withereth, the flower fadeth: but the word of our God shall stand for ever" (Isaiah 40:7, 8). "The mercy of the LORD is from everlasting to everlasting upon them that fear him" (Psalm 103:17, 18).

All People in All Places

David had a grateful spirit, one which uttered praises to God. David was not satisfied until he had encouraged and urged others to praise the Lord, too. God, who made all, and rules over all, is entitled to our love and praise. All God's handiwork — the angels of the heavenly host, the believers, and every person — should praise Him. David knew that all God's works, persons, and things, everywhere, owe praise to God. Many things of nature cannot speak praise, but they give glory to God by their beauty and color.

David closed this Psalm as he had begun it: "Bless the LORD, O my soul." It is good to remind others to praise God; but let us, each one, be faithful. Let us praise the Lord, and we shall have His favor upon our lives.

QUESTIONS

- 1 Whom did David praise with all that was within him?
- 2 Name some of the benefits that David mentioned.
- 3 Why do we love the Bible?
- 4 What good do we receive from the Word of God?
- 5 To what bird does David liken a Christian?
- 6 In what way is a man's life like vapor?
- 7 How far away does God remove one's sins?
- 8 For how long will the mercy of God endure?
- 9 Who did David urge to praise God?
- 10 With what words did David close this Psalm?