



Psalm 103

THE SONG OF THE SOUL SET FREE

1/23/2022 AM

Introduction:

Superscription: "A Psalm of David"

I. Stanza 1: THE SONG OF MY SOUL (vs. 1-5)

A. He is my salvation. (vs. 1-3)

"Bless the LORD, O my soul, and all that is within me, bless His holy name."

"Bless the LORD, O my soul, and forget none of His benefits..." (Deuteronomy 8:11-18)

"Who pardons all your iniquities..."

"Who heals all your diseases..."

B. He is my security. (vs. 4)

"Who redeems your life from the pit..."

Psalm 16:9-11

"Who crowns you with lovingkindness and compassion..."

C. He is my satisfaction. (vs. 5)

"Who satisfies your years with good things..."

"so that your youth is renewed like the eagle." (Isaiah 40:31)

"This verse has played an important but unwarranted role in some systems of theology that stress what is called 'healing in the atonement,' meaning that if we have been saved from sin by Christ, we have been healed or have a right to be healed of any physical affliction too. This is bad theology, because it is simply not true that those who have been forgiven for sin are spared or have a right to be spared all diseases. Believers do get sick, and many passages teach that God has his purposes in the sicknesses."

--James Montgomery Boice

II. Stanza 2: A SONG FOR THOSE WHO KEEP HIS COVENANT (vs. 6-18)

A. He rules with righteousness. (vs. 6)

"The LORD performs righteous deeds and judgments for all who are oppressed."

B. He reveals His ways. (vs. 7)

"He made known His ways to Moses, His acts to the sons of Israel."

C. He restrains His anger against our sins. (vs. 8-12)

“The LORD is compassionate and gracious, slow to anger and abounding in lovingkindness.” (Exodus 34:6)

“He will not always strive with us, nor will He keep His anger forever.”

“He has not dealt with us according to our sins, nor rewarded us according to our iniquities.”

“For as high as the heavens are above the earth, so great is His lovingkindness toward those who fear Him.”

“As far as the east is from the west, so far has He removed our transgressions from us.”

D. He remembers His covenant promises. (vs. 13-18)

“Just as a father has compassion on his children, so the LORD has compassion on those who fear Him.”

“For He Himself knows our frame; He is mindful that we are but dust.”

“As for man, his days are like grass; as a flower of the field, so he flourishes. When the wind has passed over it, it is no more, and its place acknowledges it no longer.” (Isaiah 40:7-8)

“But the lovingkindness of the LORD is from everlasting to everlasting on those who fear Him, and His righteousness to children’s children...”

“to those who keep His covenant and remember His precepts to do them.”

III. Stanza 3: A SONG FOR THE WHOLE UNIVERSE (vs. 19-22)

A. He is sovereign over all. (vs. 19)

“The LORD has established His throne in the heavens, and His sovereignty rules over all.”

B. His strong ones perform His word. (vs. 20)

“Bless the LORD, you His angels...

“mighty in strength, who perform His word, obeying the voice of His word!”

C. His servants do His will. (vs. 21-22a)

“Bless the LORD, all you His hosts, you who serve Him, doing His will.” (Psalm 91:11; Hebrews 1:14)

“Bless the LORD, all you works of His in all places of His dominion.

D. My soul bows before Him. (vs. 22b)

“Bless the LORD, O my soul!”

Conclusion:

- 1) With joyful gratitude we must rehearse the many benefits of God’s grace to us (vs. 1-5).
- 2) By doing so, God’s people find their hope renewed in spite of their own sinfulness and frailty (vs. 6-18).
- 3) Together, all those who love the Lord, will rejoice to see the entire universe rendering praise to Him (vs. 19-22).

Food for Thought:

- 1) Name some of the benefits that you have experienced in your relationship with the Lord.
- 2) How do you understand God’s patience in dealing with sin? Have you experienced that yourself?
- 3) What is God’s covenant with Israel? What is His covenant with you? How do you “keep” it?
- 4) How exactly do we “bless” the Lord?

