

Psalms 103

Psalms 103:2-5 Bless the Lord O my soul and forget not all His benefits. Who forgives all your iniquities, who heals all your diseases, who redeems your life from destruction, who crowns you with lovingkindness and tender mercies, who satisfies your mouth with good things so that your youth is renewed like the eagle's.

Psalms 103 is an attitude Psalm. We have talked about how we allow our circumstances to become too large in our thinking. It is clear that giving us ideal circumstances in our lives is not His agenda for us. He is certainly working in our lives toward the goal of an ideal character. So, we can either agree with God's agenda or resist it. Psalms 103 is an opportunity for us to agree with God and to celebrate His work.

First, we have a decision to make. David decided to bless the Lord with all of his soul. We can make the same decision because it does not depend on circumstances but upon our attitude. Once you decide, you will find plenty of good reasons why the decision to bless the Lord is more than justified. David begins, "forget not all His benefits..." He then offers a list. It is his list. But it is also a list that is our list. God,

forgives all your iniquities, heals all your diseases, redeems your life from destruction, crowns you with lovingkindness and tender mercies and satisfies your mouth with good things. One preacher saw in these benefits the law court, the hospital, the slave market, the throne room and the banquet hall. The secret is to give thought to these acts of God so that you come to see that He has done each of these things for you. You can then accept that it has been done and enjoy the freedom and wholeness that God has given. If you do so, you will no doubt experience the zest for life that David expressed as "your youth is renewed as the eagle's."

David's thinking turns from personal to national. There are different frameworks within which God works. His blessing on a nation will be felt in the personal experience of the people. His work in the life of an individual can be independent of while in the context of the national circumstance. David celebrates first, God's principles of righteousness and justice as they apply to the oppressed. This is a significant conviction for a king to possess. It changes everything and turns the "normal" of political and social experience upside down.

David thinks of God's ways as they were revealed to Moses and remembers that "God is merciful and gracious, slow to anger and abounding in mercy... He has not dealt with us according to our sins, nor punished us according to our iniquities."

What is national becomes personal and David explores the graciousness of God. The height of the heavens are a measure of God's mercy. The east from the west is the distance between us and our forgiven transgressions. A father's forbearance of his child's transgression is God's attitude toward those who fear Him. He knows us and that includes every strength and every weakness.

The nature of our lives is that they are very brief. Compare your longevity with a flower of the field whose lifespan is just a day. And yet, God's mercy turns a moment into eternity for those who are His children and who keep His word. God is God and He reigns over all.

And so, if you have breath, use it to bless the Lord. Angels, peoples, beings of heaven and earth, bless the Lord! Bless all that He does wherever he does it. Bless the Lord, O my soul!