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Psalm 103 — Remember Who He IS

Psalm 103:1— BLESS THE LORD.

What does it mean to bless God?

- To praise, exalt, or actively speak out, declaring His goodness.

Psalm 103:2— REMEMBER HIS BENEFITS.

His benefits are revealed in His names, Jesus' name, and the very personhood of Jesus. (Hebrews 1:3)

ANY PERCEPTION OF GOD THAT DOES NOT MATCH JESUS IS THE WRONG PERCEPTION OF GOD.

Psalm 103:3— HE FORGIVES INIQUITIES.

The difference between Sin, Trespass, Transgression, Iniquity:

- **Sin:** (Generally) to miss the mark - doing the opposite of "right".
- **Trespass:** The action of crossing a boundary or line.
- **Transgression:** Any momentary decision to trespass.
- **Iniquity:**
 - Twistedness or perverse moral intent of the heart. (Murder or Adultery - Matthew 5:21-30)
 - The consequence of the sinful action taken. (Jesus carried our iniquity - Isaiah 53:5.)

Psalm 103:3 (cont'd)— HE HEALS ALL YOUR DISEASE.

A few Biblical facts about sickness and healing:

1. Sickness/disease is correlated with the onset of SIN.

- "For which is easier, to say, 'Your sins are forgiven,' or to say, 'Rise and walk?'" **Matthew 9:5-8 ESV**

2. Jesus TOOK our infirmity on Himself.

- "...He cast out the spirits with a word and healed all who were sick. This was to fulfill what was spoken by the prophet Isaiah: He took our illnesses and bore our diseases." **Matthew 8:16b-17 ESV** (Isaiah 53)

3. Sickness/disease is the WORKS OF SATAN.

- "...God anointed Jesus of Nazareth with the Holy Spirit and with power. He went about doing good and healing all who were oppressed by the devil, for God was with him." **Acts 10:38 ESV**
- "And ought not this woman, a daughter of Abraham whom Satan bound for eighteen years, be loosed from this bond on the Sabbath day?" **Luke 13:16 ESV**

4. Jesus gave us AUTHORITY.

- "Behold, I have given you authority to tread on serpents and scorpions and over all the power of the enemy, and nothing shall hurt you." **Luke 10:19 ESV**

Psalm 103:4-6— HE GIVES LIFE.

- "The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly." **John 10:10 ESV**
- Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. **1 Peter 5:8 ESV**
- Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. **James 1:17 ESV**
- "The Spirit of the Lord is upon me because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed," **Luke 4:18 ESV** (Isaiah 61)

Psalm 103:7— HE HAS REVEALED HIS PLAN.

...so that through the church the manifold wisdom of God might now be made known to the rulers and authorities in the heavenly places. This was according to the eternal purpose that he has realized in Christ Jesus our Lord, **Ephesians 3:10b-11 ESV**

Psalm 103:8-12— HE IS FULL OF MERCY.

For God presented Jesus as the sacrifice for sin. People are made right with God when they believe that Jesus sacrificed his life, shedding his blood. This sacrifice shows that God was being fair when he held back and did not punish those who sinned in times past, **Romans 3:25 NLT**

Psalm 103:13-14— HE KNOWS MY WEAKNESS.

For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. **Hebrews 4:15 ESV**

Remember who He IS and decide today:

- **GOD IS GOOD ... ALL THE TIME.**
- **I WILL FULLY TRUST JESUS.**
- **I WILL BLESS HIM FOREVER.**