

Week 5
The Benefits of Being His Beloved
Psalm 103 AMP

1 Bless *and* affectionately praise the Lord, O my soul, And all that is [deep] within me, *bless* His holy name.
2 Bless *and* affectionately praise the Lord, O my soul, And do not forget any of His benefits;
3 Who forgives all your sins, Who heals all your diseases;
4 Who redeems your life from the pit, Who crowns you [lavishly] with lovingkindness and tender mercy;
5 Who satisfies your years with good things, So that your youth is renewed like the eagles.
6 The Lord executes righteousness And justice for all the oppressed.
7 He made known His ways [of righteousness and justice] to Moses, His acts to the children of Israel.
8 The Lord is merciful and gracious, Slow to anger and abounding in compassion *and* lovingkindness.
9 He will not always strive *with us*, Nor will He keep *His anger* forever.
10 He has not dealt with us according to our sins, Nor rewarded us according to our wickedness.
11 For as the heavens are high above the earth, So great is His lovingkindness toward those who fear *and* worship Him.
12 As far as the east is from the west, So far has He removed our transgressions from us.
13 Just as a father loves his children, So the Lord loves those who fear *and* worship Him.
14 For He knows our [mortal] frame; He remembers that we are [merely] dust.
15 As for man, his days are like grass; Like a flower of the field, so he flourishes.
16 For the wind passes over it and it is no more, And its place knows it no longer.
17 But the lovingkindness of the Lord is from everlasting to everlasting on those who [reverently] fear Him, And His righteousness to children's children,
18 To those who honor *and* keep His covenant, And remember to do His commandments [imprinting His word on their hearts].
19 The Lord has established His throne in the heavens, And His sovereignty rules over all.
20 Bless the Lord, you His angels, You mighty ones who do His commandments, Obeying the voice of His word!
21 Bless the Lord, all you His hosts, You who serve Him and do His will.
22 Bless the Lord, all His work, in all places of His dominion;
Bless *and* affectionately praise the Lord, O my soul!

I. Psalm 103 is a psalm of praise that reminds us not to forget all the benefits of being a beloved child of God. This Psalm lists those benefits:

1. Psalm 103:3, 8-12: He Forgives all your sins: Psalm 103:3, 8-12

³ Who forgives all your sins, ⁸ The Lord is merciful and gracious, Slow to anger and abounding in compassion *and* lovingkindness.

⁹ He will not always strive *with us*, nor will He keep *His anger* forever.

¹⁰ He has not dealt with us according to our sins, Nor rewarded us according to our

wickedness. ¹¹ For as the heavens are high above the earth, so great is His lovingkindness toward those who fear *and* worship Him. ¹² As far as the east is from the west, so far has He removed our transgressions from us. AMP

In the New Covenant, through Jesus, God promised to never be angry again: Isaiah 54:19-10:

“Just as I swore in the time of Noah that I would never again let a flood cover the earth, so now I swear that I will never again be angry and punish you.

¹⁰ For the mountains may move and the hills disappear, but even then my faithful love for you will remain. My covenant of blessing will never be broken,” says the Lord, who has mercy on you.” NLT

Luke 15:11-32: The prodigal son is a perfect example of the Father’s forgiveness, love and compassion toward a wayward child. The son lived a life of sin and experienced many negative consequences from it, but when he returned home, His Father ran to him and with love and compassion embraced and kissed him. When the son tried to say what a terrible person he was, the Father corrected Him by reminding Him who he is- His son, whom He loved, and who was an heir of everything He had.

Forgiveness removes guilt, condemnation and shame from our hearts. Our mistakes and bad choices no longer have the power to define us! We are now defined by our union with Jesus. As He is so are we in this world! Receiving forgiveness frees your soul from condemnation, shame and guilt and opens your heart to receive all the benefits of being a beloved child of God.

- 2. Psalm 103:3: He heals all your diseases: God restores physical and emotional wholeness. Physical healing is the benefit of being forgiven.**

1 Peter 2:24:

²⁴ “He himself bore our sins” in his body on the cross, so that we might die to sins and live for righteousness; “by his wounds you have been healed.”

Matthew 9:1-8: Jesus tells a paralyzed man that his sins are forgiven and then his healing manifested.

- 3. Psalm 103:4: He redeems your life from the pit: Rescues you from death and hopeless situations; and restores your life (Joel 2:25-26; Psalm 23:3; 1 Peter 5:10-11;**

Isaiah 61:6-7: ⁶ But you shall be called the priests of the Lord; people will speak of you as the ministers of our God. You shall eat the wealth of the nations, and the glory [once that of your captors] shall be yours. ⁷ Instead of your [former] shame you shall have a twofold recompense; instead of dishonor *and* reproach [your people] shall rejoice in their portion. Therefore in their land they shall possess double [what they had forfeited]; everlasting joy shall be theirs. AMPC

- One of the wonderful blessings of being God’s beloved child is His promise to restore your life and make it better than before. If you’ve faced hardships—marriage struggles, divorce, parenting challenges, lost relationships, health problems, financial setbacks, or a broken heart—your loving Father promises to rescue you, heal your soul, and renew your life. He turns your mourning into joy, your ashes into beauty, your despair into songs of praise, and establishes you in your righteous identity (Isaiah 61:1-4). He works every detail of your life into something good (Romans 8:28) and your trials will become a beautiful testimony to God’s extraordinary love and grace.
- 4. Psalm 103:4-5: He crowns you with steadfast love and tender mercy and satisfies you with good things so that your youth is renewed like the eagles.**

This verse promises God’s restoring provision and renewing power.

- “Satisfy me with good things” means God fills and blesses the whole person — the deep needs of the soul: peace, joy, forgiveness, and purpose. It pictures God meeting our needs abundantly so we are completely satisfied.
- “So that my youth is renewed like the eagles” uses the eagle as a symbol of fresh strength, vitality, and the ability to rise above trouble. In Hebrew, eagles are associated with renewed feathers, powerful flight, long life and a positive perspective. The phrase therefore speaks of restored energy, vitality, vigor, renewed hope, endurance, and the capacity to soar over difficulties, seeing them from God’s perspective rather than be weighed down by them.

Psalm 92:12-15: The righteous will flourish like the palm tree [long-lived, upright and useful]; They will grow like a cedar in Lebanon [majestic and stable].

¹³ Planted in the house of the Lord, They will flourish in the courts of our God.

¹⁴ [Growing in grace] they will still thrive *and* bear fruit *and* prosper in old age; They will flourish *and* be vital and fresh [rich in trust and love and contentment];

¹⁵ [They are living memorials] to declare that the Lord is upright *and* faithful [to His promises]; He is my rock, and there is no unrighteousness in Him. AMP

- 5. Psalm 103: 6: He vindicates and brings justice for the oppressed.**

Psalm 103:6: “You’re a God who makes things right, giving justice to the defenseless.”
TPT

- We can often become discouraged by the injustices in the world around us, but we can find hope and comfort in this beautiful promise of God. He will make things right and bring justice to those who are oppressed and treated wrongly. We can pray and trust our good Father to take care of the things we see that are not right in our world.

- 6. Psalm 103:13-16: He is compassionate and understanding of your human frailty and weakness. God cares tenderly for you because you are His beloved child.**

- Your good Father is compassionate toward your weakness and He invites you to come to His throne of grace to find mercy and grace to help you in your time of weakness. (Hebrews 4:14-16)

7. Psalm 103:17: His steadfast love for you is eternal and His covenant promises are for you and your children.

Psalm 103:17: “But Lord, your endless love stretches from one eternity to the other...Your faithfulness to keep every gracious promise you’ve made passes from parents, to children, to grandchildren, and beyond.” TPT

We can find so much peace and rest in this truth when it comes to our children. God’s blessing and promises are not only with you, but they are with your children, grandchildren and beyond. You will see His glory manifested in their lives. You can rest in His faithfulness!

II. Who will experience these benefits?

Psalm 103:18: “¹⁸To those who honor *and* keep His covenant, And remember to do His commandments [imprinting His word on their hearts].” AMP

We honor and keep His covenant by trusting in Jesus and the promises we have in Him! Jesus died and rose again for the forgiveness of our sins and to make us righteous in Him. We honor Him by believing what He did for us, resting in His promises, and cherishing His word in our heart!

Psalm 112:1-2: “Shout in celebration of praise to the Lord! Everyone who loves the Lord and delights in him will cherish his words and be blessed beyond expectation!” TPT

What wonderful benefits we have as a beloved child of God! With all our soul, we lift up our voices in praise and thanksgiving for all He has done for us in Christ. The angels listen and heed to the voice of His Word, and His universal kingship rules over all the earth! Thank you, Jesus!