



RAINFOREST FALLS

Exploring the Nature of God



Thank You!

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Psalm 103

A Psalm by David

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 forgives all your iniquity, who heals all your diseases,

4 who redeems your life from the pit, who crowns you with steadfast love and mercy,

5 who satisfies you with good so that your youth is renewed like the eagle's.

6 The Lord works righteousness and justice for all who are oppressed.

7 He made known his ways to Moses, his acts to the people of Israel.

8 The Lord is merciful and gracious, slow to anger and abounding in steadfast love.

9 He will not always chide, nor will he keep his anger forever.

10 He does not deal with us according to our sins, nor repay us according to our iniquities.

11 For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him;

12 as far as the east is from the west, so far does he remove our transgressions from us.

13 As a father shows compassion to his children, so the Lord shows compassion to those who fear him.

14 For he knows our frame; he remembers that we are dust.

15 As for man, his days are like grass; he flourishes like a flower of the field;

16 for the wind passes over it, and it is gone, and its place knows it no more.

17 But the steadfast love of the Lord is from everlasting to everlasting on those who fear him, and his righteousness to children's children,

18 to those who keep his covenant and remember to do his commandments.

19 The Lord has established his throne in the heavens, and his kingdom rules over all.

20 Bless the Lord, O you his angels, you mighty ones who do his word, obeying the voice of his word!

21 Bless the Lord, all his hosts, his ministers, who do his will!

22 Bless the Lord, all his works, in all places of his dominion.
Bless the Lord, O my soul!

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,

Psalm 103:1–2

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benefits,

Psalm 103:1–2

“Let others murmur, but do thou bless. Let others bless themselves and their idols, but do thou bless the Lord. Let others use only their tongues, but as for me I will cry, ‘Bless the Lord, O my soul.’”

Charles Spurgeon

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,

Psalm 103:1–2

All that is within me: “What a rebuke to much of what passes for praise in our assemblies. We come to church, but we leave our minds at home. We hear of God’s grace, but our hearts have been hardened by a critical and carping spirit.”

James Montgomery Boice

“The singer addresses himself. He realizes that he has power over himself, that he is able to give or to withhold that which is due to God.”

G. Campbell Morgan

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Psalms 103:3–5

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Psalms 103:3–5

“It is God who gives us the ‘good things’
of this world, and who giveth us likewise
an appetite and a taste to enjoy them.”

George Horne

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that your youth is renewed like the eagle's.

Psalms 103:3–5

““your youth is renewed like the eagles'
is not implying that eagles have the power of self-
renewal; only that God renews us to the very
picture of buoyant, tireless strength...”

Derek Kidner

6 The Lord works righteousness and justice for all who are oppressed. 7 He made known his ways to Moses, his acts to the people of Israel.

Psalms 103:6–7

“Our own personal obligations must not absorb our song; we must also magnify the Lord for his goodness to others.”

Charles Spurgeon

6 The Lord works righteousness and justice for all who are oppressed. 7 He made known his ways to Moses, his acts to the people of Israel.

Psalms 103:6–7

8 The Lord is merciful and gracious, slow to anger and
abounding in steadfast love. 9 He will not always chide, nor
will he keep his anger forever. 10 He does not deal with us
according to our sins, nor repay us according to our iniquities.

Psalms 103:8–10

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Psalms 103:8–10

“Why is it that God hath not dealt with us after our sins? Is it not because he hath dealt with another after our sins? Another who took our sins upon him.”

Sir Richard Baker

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Psalms 103:11–12

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Psalms 103:11–12

13 As a father shows compassion to his children, so the Lord shows compassion to those who fear him. 14 For he knows our frame; he remembers that we are dust.

Psalms 103:13–14

Spurgeon on the Compassion of God

Spurgeon considered the many ways God may pity His children:

1 He pities our childish ignorance.



We do not know what we ought to know. He understands.

2 He pities our childish weakness.



We are frail and easily worn. He knows our limitations.

3 He pities our childish foolishness.



We often act without wisdom. He is patient with us.

4 He pities our childish naughtiness.



We sin and disobey, yet He does not deal with us as we deserve.

5 He pities our childish stumbles and falls.



We stumble and fall, but He lifts us up with compassion.

6 He pities the pain of His children.



He sees our sorrow and cares deeply for our hurt.

7 He pities the child when another has wronged him.



He defends, comforts, and takes note of our wrongs.

8 He pities the fears of His children.



He knows our anxieties and brings peace to our hearts.

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Psalms 103:13–14

15 As for man, his days are like grass; he flourishes like a flower of the field; 16 for the wind passes over it, and it is gone, and its place knows it no more. 17 But the steadfast love of the Lord is from everlasting to everlasting on those who fear him, and his righteousness to children's children, 18 to those who keep his covenant and remember to do his commandments.

Psalms 103:15–18

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Psalms 103:15–18

19 The Lord has established his throne in the heavens, and his kingdom rules over all.

Psalm 103:19

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Psalm 103:19

20 Bless the Lord, O you his angels, you mighty ones who do his word, obeying the voice of his word! 21 Bless the Lord, all his hosts, his ministers, who do his will! 22 Bless the Lord, all his works, in all places of his dominion. Bless the Lord, O my soul!

Psalms 103:20–22

20 Bless the Lord, O you his angels, you mighty ones who do his word, obeying the voice of his word! 21 Bless the Lord, all his hosts, his ministers, who do his will! 22 Bless the Lord, all his works, in all places of his dominion. Bless the Lord, O my soul!

Psalms 103:20–22

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Psalm 103:20–22

1. Tell your soul to praise God, no matter how you feel.
2. Trust that God made you, knows your limits, and cares about you.
3. Remember: Look back at how God has helped you before.
4. See His Power: Look at the Amazon rainforest...the same God who built all of that cares even more about you.

LIVE THE TEXT

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