

**Let Us Not Forget**  
**Week 1: Introduction: The Benefits of the Lord**  
Psalm 103:1-5

**1- We are called to remember what God has done. (vs1)**

**2- The benefits of the Lord are numerous!**

- **Benefit #1—forgiveness. (vs3)**
- **Benefit #2—healing. (vs3)**
- **Benefit #3—redemption. (vs4)**
- **Benefit #4—love and compassion. (vs4)**
- **Benefit #5—satisfaction. (vs5)**
- **Benefit #6—strength. (vs5)**

**3- What happens when we intentionally remember what God has done?**

- **First, when we remember what God has done for us in the past it will help us trust Him in the present.**

*“Fear not, for I have redeemed you; I have called you by your name; You are Mine. When you pass through the waters, I will be with you; And through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, Nor shall the flame scorch you. For I am the Lord your God, The Holy One of Israel, your Savior...” **Isaiah 43:1-3***

- **Second, as we intentionally remember what God has done for us it will inevitably lead to praise!**

*“I will bless the Lord at all times; His praise shall continually be in my mouth. My soul shall make its boast in the Lord...” **Psalm 34:1-2a**.*

- **Third, as we intentionally remember what God has done it will encourage those around us to praise Him as well!**

*“... The humble shall hear of it and be glad. Oh, magnify the Lord with me, And let us exalt His name together.” **Psalm 34:2b-3***

- **Fourth, as we intentionally remember what God has done it can keep us from sin!**

*“I have set the Lord always before me; Because He is at my right hand I shall not be moved.” **Psalm 16:8***

