

## LESSON 10

# God's Sovereignty Over All

Psalm 103:19; 115:3

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*The Lord has established his throne in heaven, and his kingdom rules over all.*

PSALM 103:19

*Our God is in heaven and does whatever he pleases.*PSALM 115:3

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Psalm 103:19 and 115:3 boldly affirm that God reigns over everything—and does all He pleases. This is not just theology—it's a call to worship, surrender, and trust. David, speaking to his own soul, reminds us that God's throne is fixed and His kingdom rules over all. In a world where many forget His benefits or doubt His rule, this lesson is a declaration of peace, power, and praise to the God who reigns now and forever.

**Class Objective:** To affirm and embrace the total sovereignty of God as a present reality. This lesson will guide us to worship Him with whole-hearted reverence, trust Him amid chaos, and realign our lives under His rule, resting in the throne that governs all things.

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## Introduction

There are times when life feels unstable. Political unrest, personal grief, unexpected setbacks, or simply the daily chaos of a world that seems to be spinning out of control. In moments like these, we need more than just positive thinking or vague hope. We need the truth. And Psalm 103 provides that truth: *"The Lord has established his throne in heaven, and his kingdom rules over all."*

This psalm, unlike many others, is not directed to God or others; it's aimed at the psalmist himself. David is preaching to his own soul. He's reminding himself not to forget God's benefits, not to drift into thanklessness or despair. He stirs his soul to remember what is true, even when feelings falter. And when he reaches verse 19, his personal meditation bursts into a bold public proclamation: **God reigns. Always has. Always will.**

This statement forms the foundation of the psalm. The throne remains secure. The kingdom is vibrant and active. It reaches over everything: earth, heaven, nations, families, and our own lives.

Psalm 115:3 echoes the same truth: *"Our God is in heaven and does whatever He pleases."* That's not a threat; it's a comfort. It means God is not constrained by broken systems or human weakness. He is not reactive. He does not panic. He is not one of many powers... He is **King over all**.

But here's the challenge: many people, even Christians, forget this. We talk about God as Savior, but sometimes ignore Him as King. We sing about His mercy, but live like we're in charge. We worry like the throne is empty.

Psalms 103 challenges forgetfulness. It directs our focus upward. It urges us to remember—not only what God has done but also who He is: **a sovereign King ruling with mercy, justice, and power.**

This lesson encourages us to realign our hearts with that truth. To remember the throne. To rest in His authority. And to respond—not with fear, but with trust, surrender, and praise.

## God's Throne is Established (103:19a)

*The Lord has established his throne in heaven...*

This is a declaration of an unwavering truth. God's throne is not up for grabs. It doesn't waver with the economy. It's not threatened by human rebellion, political turmoil, or personal sin. David intentionally uses the word "established." In Hebrew, it implies something that is set firm, fixed in place, stable, and enduring. God's rule isn't temporary. It's not experimental. It's absolute.

This line contrasts with every earthly system we've known. Kings rise and fall. Governments change. Empires collapse. Even in our own hearts, we feel tossed around by daily worries or weekly news. But Psalm 103:19 reminds us: **there's a throne that does not move.**

That throne is in heaven. Why does it matter? Because it affirms God's authority above everyone else. His rule isn't limited by time, location, or boundaries. No boundary can contain Him. He doesn't need permission to reign. The heavenly seat of the throne also reflects His perspective—God sees what we cannot. His rule isn't reactionary; it's eternal and wise.

David's soul in this psalm needed that reminder, and so do we. Whether we're facing fear, disappointment, or pride, we must re-center our thoughts on this truth: **God is on the throne. Always has been. Always will be.**

It's easy to forget that. We lose sleep over things we can't control. We get angry when people don't behave the way we think they should. We despair when evil seems to go unchecked. But here's the truth: God is not pacing. He's not confused. He is **enthroned**—completely above the chaos, fully in charge.

So, before we discuss how God rules or what He does, we start here: **God reigns. His throne is established. And no one can remove Him.**

## His Kingdom Rules Over All (103:19b)

*...and his kingdom rules over all.*

If the first half of this verse shows us where God rules from, the second half explains how far His rule extends, **over all.**

That short phrase is massive in scope. There are no limits. No borders. No exceptions. God's rule isn't confined to "religious" things. He doesn't just reign over Sunday morning or quiet time or your personal

salvation. He reigns over **everything**: every king, every government, every heart, every molecule, every day of your life.

The Bible reinforces this idea again and again:

- **Over nature:** “He makes the clouds rise... He sends lightning with the rain...” (Psalm 135:7).
- **Over nations:** “He removes kings and establishes kings” (Daniel 2:21).
- **Over history:** “From one man he has made every nationality... and determined their appointed times” (Acts 17:26).
- **Over salvation:** “No one can come to me unless the Father who sent me draws him” (John 6:44).
- **Over suffering:** “All things work together for the good of those who love God...” (Romans 8:28).

This is why **Psalm 115:3** fits so well here: “*Our God is in heaven and does whatever he pleases.*” He is not restrained by committees, rival gods, or public opinion. His will is final. He does what is best, and He does what is right.

We are not used to this kind of authority. Earthly power always has limits. Even the strongest kings and leaders can be voted out, overthrown, or weakened by time. But God never tires. He never loses. He never yields. **His kingdom rules over all.**

That truth is either extremely comforting or profoundly threatening, depending on how you see the King. If we trust Him, it brings peace. It means nothing escapes His eye. It means injustice won't prevail in the end. It means the darkness you're facing today isn't beyond His reach.

But if we want to be in charge, this truth becomes uncomfortable because it means we don't get to rule our own lives. We don't get to decide what's right and wrong—God does. He reigns over our time, our choices, our relationships, our money, and our hearts.

This verse confronts us. If God's kingdom rules over everything... that includes **you**. It includes **me**. The question isn't whether He is King. It's whether we will bow.

## He Does Whatever He Pleases (115:3)

*Our God is in heaven and does whatever he pleases.*

This verse is direct and forceful. It affirms what Psalm 103:19 states: God is seated on the throne, and His kingdom rules over everything. But Psalm 115:3 adds more: **He is not just in control; He is free.** No one can manipulate Him. No one can hinder His will. He does as He pleases.

At first glance, that might seem unsettling. But this is not a reckless or selfish kind of power. God's pleasure is always in harmony with His character, holy, just, merciful, and good. He does not act on impulse. He does not make decisions driven by frustration or fear. He acts with complete wisdom and full control.

In the context of Psalm 115, this statement contrasts with idols. The surrounding verses mock false gods — statues with eyes that cannot see, ears that cannot hear, mouths that cannot speak. These gods are powerless, dead, and imaginary. And those who trust in them become like them.

But **our God is in heaven**. That's not just a place; it's about authority. He is above all creation. He sees everything. He rules over it all. And He **does whatever He wants** because He alone has the right and power to do so.

This truth destroys the illusion of human control. We often live as if our plans determine the outcomes—believing enough effort or intelligence will ensure success. But this verse reminds us: **God does what pleases Him, not what pleases us**.

And that's actually good news.

Because God is good, we can trust that whatever He chooses will ultimately lead to justice, redemption, and glory. We may not understand His timing or methods, but that is not our place. He is not accountable to us; we are accountable to Him.

So here's what Psalm 115:3 teaches:

- When life is unfair, *God is still in control*.
- When plans fall apart, *God's purposes stand*.
- When evil seems to win, *God is still working out His will*.

This verse challenges pride. It calms fear. And it replaces anxiety with awe. The sovereignty of God means we are not the center, but we are safe in the hands of the One who is.

## What God's Sovereignty Means for Us

We've heard the truth: God's throne is established. His kingdom rules over all. He does whatever He pleases. But now we must ask: **what does that mean for us, practically? How should it influence the way we live?**

### It Means We Can Rest

If God truly reigns, then we don't have to. That's the first and most freeing truth in this whole discussion. We are not in charge, and that's a relief.

Psalm 103 starts with personal praise: "*Bless the Lord, O my soul...*" But verse 19 explains why this praise can remain steady, even when life isn't easy: **God is on the throne**. That means we are not victims of chaos. Our lives aren't dependent on luck or fate. God rules, and we can rest in that.

We don't need to fix everything. We don't need to know everything. We don't need to carry everything. Our job is to trust the One who does.

*"You are not holding the universe together. He is."  
— and He's doing just fine.*

## It Means We Must Surrender

But this truth also hurts. If God rules over everything, that includes **me**. It includes **you**. There is no part of life where we get to hold onto control.

- He has authority over your schedule.
- He has authority over your relationships.
- He has authority over your habits, your future, your plans.

God's sovereignty demands **submission**. Not just emotional agreement, but practical obedience.

We often say "God is King" with our lips, while still running our lives like we're on the throne.

But the sovereignty of God leaves no room for that. If He reigns, we must yield. We must lay down our rebellion and live like we believe He knows better than we do.

## It Means We Can Live with Courage

God's reign doesn't erase our battles, but it changes how we face them. If His kingdom rules over all, then **nothing in your life is random or wasted**.

- Your suffering is not unseen.
- Your faithfulness is not forgotten.
- Your prayers are not pointless.

Romans 8:28 is based on this truth: "*All things work together for the good of those who love God, who are called according to His purpose.*" Why? Because **He's in control**.

You may not understand what He's doing...but you can trust that He knows what He's doing.

So walk forward in faith. Obey boldly. Speak truth humbly. Give generously. Forgive radically. Live like the throne is occupied, because it is.

The Lord has established His throne in heaven. His kingdom rules over all.

Let's live like it.

## Kingdom Focus: Living Under the Reign That Already Exists

Psalms 103:19 isn't describing a future kingdom; it's stating what already *exists*: "**The Lord has established His throne in heaven, and His kingdom rules over all.**" This is not potential; it is current reality. Too often, Christians speak about the Kingdom of God as if it's only coming later, at the return of Christ or after death. But David isn't pointing to something far off. He's saying, "**Look up. The King reigns now.**"

## The kingdom is not just a hope; it's a reign.

When we say “Kingdom,” we don’t only mean heaven or a church service. We mean **the active rule of God over everything He has made**. That includes nations, nature, history, angels, demons, and every human heart. His throne is in heaven, yes — but His authority is not distant. It is direct. It influences every part of life.

This shifts our understanding of what it means to be a Christian. We are not just “believers” in a collection of truths. We are **citizens of a Kingdom**, under the authority of a real King who rules, protects, commands, and blesses.

## The kingdom has implications for today.

If God rules now, then:

- **Our worship should be reverent.** We’re not singing to a distant figure. We’re praising the reigning King.
- **Our obedience should be wholehearted.** There is no area of life that is “off limits” from His rule.
- **Our witness should be bold.** We’re not just sharing salvation—we’re inviting people to bow to the King.
- **Our trust should be deep.** We live in the care of the One who rules the cosmos.

The sovereignty of God is not just a comfort. It’s a claim. It tells the world: **There is a King. And His name is not mine or yours.**

## The kingdom is expanding.

Psalm 103 ends by calling all creation, angels, heavenly hosts, and all His works to join in praising the Lord. It’s a picture of global and cosmic praise, a taste of what the New Testament reveals in full.

God’s reign is already here, but its **fullness** is still unfolding. Jesus, seated at the right hand of the Father, is putting all His enemies under His feet (1 Corinthians 15:25). The gospel is advancing. The church is growing. The invitation is open. One day, every knee will bow. But now, in this moment, the Kingdom is calling.

So what do we do?

We live under it.

We worship because of it.

We invite others into it.

And we trust the King who rules over all.

## What's In This for Us?

**A Reason to Rest:** In a world full of anxiety and instability, Psalm 103:19 provides deep comfort: *"The Lord has established His throne..."* This means **someone is in charge, and it's not us**. We are not alone amid chaos. We are not at the mercy of random forces or corrupt leaders. God rules. And His rule is not shaky or temporary—it is firmly established. That gives us rest when we're worn down by stress, sorrow, or uncertainty. We can breathe easy. The throne is occupied.

**A Call to Remember:** David starts this psalm by talking to himself: *"Bless the Lord, O my soul... and forget not all His benefits."* Why? Because we forget. We drift. We panic. We complain. But the cure for forgetfulness is intentional remembrance. We must continually rehearse the truth of God's reign. He forgives. He heals. He satisfies. And He rules. We remember—not just to feel better—but to re-anchor our lives in reality.

**A Warning Against Control:** Psalm 115:3 reminds us: *"Our God is in heaven and does whatever He pleases."* That's a direct challenge to our pride. We like to be in control. We want our plans and preferences. But God's sovereignty confronts all of that. His rule means **I'm not the king of my life**—He is. We must let go of the illusion that we're in charge. Real peace only comes when we surrender.

**A Motivation for Obedience:** If God's kingdom rules over all, then our choices matter. Every act of obedience is part of living under His reign. Our decisions aren't just personal; they are relational. They are responses to the King. When I choose forgiveness, I honor His rule. When I choose purity, I submit to His authority. When I speak truth, I represent His name. Obedience is not about legalism; it's about **allegiance**.

**A Reason to Worship and Witness:** Psalm 103 ends with a global call to praise: *"All His works... praise the Lord!"* The more we understand God's rule, the more we are driven to worship. We don't just sing because we feel good; we sing because **God reigns**. And we don't just worship, we witness. The Kingdom is real. The King is alive. And the world needs to know. We are not just comforted by God's reign—we are commissioned by it.

## Conclusion

*The Lord has established his throne in heaven, and his kingdom rules over all.*

That truth grounds the entire psalm... and it should ground our lives.

When we forget God's blessings, we become prideful, anxious, or indifferent. When we forget His authority, we try to seize control. But when we remember who He is—our sovereign, gracious King—we can rest, worship, and obey with confidence.

Psalm 115:3 reinforces the point: *Our God is in heaven and does whatever He pleases.*

He is not limited. He is not guessing. He is not passive. His reign is active, wise, and good. And He rules not just in heaven, but over **all**, including your story, your family, your suffering, your purpose.

So what do we do in response?

We stop trying to sit on a throne that isn't ours.

We trust the One who does sit there.

We align our lives with His reign.

We remember.

We worship.

We surrender.

Because in the end, the throne is not empty. The King is not distant. **God reigns, and His kingdom rules over all.**

## For Discussion

1. Psalm 103 is David speaking to himself. Why do you think it's important to "talk to your soul" when it comes to recalling God's benefits and rule? How can we practice that kind of spiritual self-talk today?
2. What does it mean to you personally that "God has established His throne"? How does this truth challenge or comfort you right now?
3. Psalm 115:3 says, "Our God is in heaven and does whatever He pleases." How do you respond to that statement—does it feel threatening or freeing? Why?
4. Where in your life do you struggle to surrender to God's control? What would change if you truly believed His kingdom rules over all?
5. What practical steps can we take to live under God's reign, not just believe in it? How should His sovereignty shape our worship, our obedience, and our witness?