

Psalms 103

Bottom Line: Praise is the pathway that joins our souls with God's Spirit

¹ Let all that I am praise the LORD;
with my whole heart, I will praise his holy name.

² Let all that I am praise the LORD;
may I never forget the good things he does for me.

³ He forgives all my sins
and heals all my diseases.

⁴ He redeems me from death
and crowns me with love and tender mercies.

⁵ He fills my life with good things.
My youth is renewed like the eagle's!

⁶ The LORD gives righteousness
and justice to all who are treated unfairly.

⁷ He revealed his character to Moses
and his deeds to the people of Israel.

⁸ The LORD is compassionate and merciful,
slow to get angry and filled with unfailing love.

⁹ He will not constantly accuse us,
nor remain angry forever.

¹⁰ He does not punish us for all our sins;
he does not deal harshly with us, as we deserve.

¹¹ For his unfailing love toward those who fear him
is as great as the height of the heavens above the earth.

¹² He has removed our sins as far from us
as the east is from the west.

¹³ The LORD is like a father to his children,
tender and compassionate to those who fear him.

¹⁴ For he knows how weak we are;
he remembers we are only dust.

¹⁵ Our days on earth are like grass;
like wildflowers, we bloom and die.

¹⁶ The wind blows, and we are gone—
as though we had never been here.

¹⁷ But the love of the LORD remains forever
with those who fear him.

His salvation extends to the children's children

¹⁸ of those who are faithful to his covenant,
of those who obey his commandments!

¹⁹ The LORD has made the heavens his throne;
from there he rules over everything.

²⁰ Praise the LORD, you angels,
you mighty ones who carry out his plans,
listening for each of his commands.

²¹ Yes, praise the LORD, you armies of angels

who serve him and do his will!
²² Praise the LORD, everything he has created,
everything in all his kingdom.
Let all that I am praise the LORD.

Psalms 103 NLT

Intro:

- Say PRAISE!
- The most common theme in the Psalms is praise. David was a man after God's own heart. But he also experienced much heartache, pain, loss, misery, often self-inflicted. He didn't let it rob him of his praise.
- One of the biggest problems the body of Christ faces today is a praise problem. Misplaced praise is the biggest hindrance to healthy Christians. We can even say we love Jesus, but if we praise something or someone else before Him, we are living outside of God's best.
- Story: Not being handy, learning how to change a tire (whether or not I remember how to change that tire is irrelevant) – I had what I needed in my possession the whole time! I don't need someone to praise for me, I have to choose to praise Him for myself! Don't neglect your praise!

Why is praise so important?

1. Our natural design is to praise God
 - a. Everybody, everywhere is praising something or someone. But our design is to praise God. He created us, He died for us, He reconciled us to God, what other response should we give Him?
 - b. "A Christian should be an alleluia from head to foot." – St. Augustine
2. Praise is an exchange between us and God
 - a. As God pours out His Spirit, we pour out our praise. He isn't just worthy when He provides for us, He is worthy because He is the same God forevermore.
 - b. God WANTS to be praised! Not because He is full of Himself, but because He is God, and praise to Him enriches us in every way!
3. Praise comes before breakthrough
 - a. Many of us want God to move on our behalf, but God is waiting on our praise! Acts 16 – Paul and Silas praise God in prison and receive their breakthrough.
 - b. There might be someone waiting on your praise and they don't even know it!

What can we learn from Psalms 103?

1. Verse 2 – **Pause**
 - a. For some of us, the first thing we need to do in order to reclaim our praise is to pause. Jay talked about a word last week called "Selah" which simply means to pause in His Presence. Many of us have lost our praise because

we don't often enough reflect on the faithfulness of God! **Sometimes in order to step into the next thing God wants to do we must remember His faithfulness in the last thing He did.**

2. Verses 8-9 – **He chooses to forgive**
 - a. Even in your sin, He does not stay angry with you. His love overwhelms your faults. Instead of choosing eternal anger, He chooses eternal love toward those who say yes to Him.
3. Verses 13-14 – **He is a Father who gets us**
 - a. He knows us completely. He knows that in our human nature, we are weak. He also knows that with Him, we are strong. Anything good about us comes from Him.
 - b. In a world full of people that feel misunderstood, God gets you. He knows your thoughts, intentions, everything. Fully known, fully loved. That alone makes Him worthy of our praise.
4. Verse 22 – **He is worthy of it all**
 - a. Jesus said that if we don't praise, the rocks will cry out in praise to Him. Either way, God will receive His due praise. He just wants us to be from us, His children, made in His image.
 - b. When we see a sunrise, that's a reason to praise. When our prayers are answered, that's a reason to praise. When we arrive home safely, that's a reason to praise. When we make a new friend, that's a reason to praise. When it doesn't go the way we planned, that's a reason to praise. When we don't understand, that's a reason to praise. **God's praise isn't circumstantial, it's eternal.**

Practical steps to walk out praise:

- Take a praise break every day. OUT LOUD. In the car, in the living room, in the bedroom, in the parking lot, wherever. Praise refreshes your soul like nothing else can. It keeps us thankful for the faithfulness God shows us each day.
- For one week straight, listen to only worship music. These songs will remind you of Scripture and of God's character, and it may speak right into whatever you're currently facing.
- Surround yourself with people that praise. You can tell someone who praises God vs someone who doesn't. They're a lot more thankful. This will rub off on you.

Praise is the pathway that joins our souls with God's Spirit. It unites you with Creator God unlike anything else. It keeps us humble and thankful. It reminds us of why we're here. And it spreads the joy of knowing Jesus to everyone we know.