



The following is the summary of the Sunday sermon that is sent to the body at Steadfast in an email called "The Weekly"

Psalm 103

Bless the Lord With All That is Within Me

Psalm 103:1, "Bless the LORD, O my soul; and all that is within me, bless His holy name."

Where is it that you see people giving their all? What is it that people will give their time too, invest resources in, and sacrifice for? Career advancement, travel, entertainment, and hobbies to name a few. What about sports? Not just college sports and professional sports, but people will also give large amounts of time, invest huge amounts of money, and sacrifice for youth sports. We give our all for many things here on earth. How often are we giving our all for things that will matter eternally? David proclaims in this magnificent song that because of who God is and because of what He's done he will praise God with all that he is and all that he has. He was determined to praise God personally, corporately, and instructed the whole universe (all that God has created) to bless the Lord.

He **pardons** (forgives): David knew about this!

He's able to **heal** every disease (Ex. 15:26) (He's not obligated too, but He can). One day we will be delivered from disease and sickness when we receive our glorified bodies in heaven.

He **redeems** us from the pit (Psalm 40:2-3, Colossians 1:13-14).

He **crowns** (David knew about crowns as king) with love and tender mercy.

He **satisfies** with good things (living water John 4:13-14, Bread of Life John 6:35). The CREATOR knows what satisfies His creatures.

He **renews** strength even to the old (Isaiah 40:31).

In verses 6-18, David is reminding the people of Israel that as a nation they should praise Him for who He is and what He's done. Should this not be our heart when we come together as a local church? Read these verses and look at all we have to praise Him for! When you read these verses, you gain a greater understanding of who God is as well as who we are. The better we see Him for who He is, the better we see ourselves as we should. As we see Him for who He really is, we fear (revere) Him. There is great blessing living in the fear (living in reverence) of the Lord. God didn't give us what we deserved and gave us far more than we could have ever asked for.

What would happen if we approached individual and corporate praise the same way we approach going to watch our favorite team play or our favorite musician perform? Does our praise of God even come close to the amount of time and energy we will pour into other things here on earth? Praise should be a priority in the life of the believer. With all that is within

me I should praise God because of who He is and what He's done!

Pastor Matt Shada