

Bless the Lord, O My Soul

Psalm 103

Introduction:

David speaks to his own soul in Psalm 103, reminding himself of God's blessings. Sometimes we need to tell ourselves to bless the Lord and remember His goodness.

He Forgives Our _____ (v. 3a)

God forgives not some, but all our sins. Forgiveness is complete in Christ.

He Heals Our _____ (v. 3b)

God heals our brokenness—physically, emotionally, and spiritually.

He Redeems Our _____ (v. 4)

God rescues us from destruction and crowns us with His mercy and love.

He Renews Our _____ (v. 5)

God restores our strength daily, like an eagle renewed with new wings.

Closing:

Psalm 103 begins and ends with 'Bless the Lord, O my soul.' Gratitude should be our daily posture, as we remember His forgiveness, healing, redemption, and renewal.