

# Forget Not All His Benefits Notes

Psalm 103:1-5

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August 28-29, 2021

**Main Point:** Scripture shows us that the opposite of forgetfulness is not just remembering, but it is praise.

## Intro to Psalm 103

1. This is a Psalm of praise. David does not make one \_\_\_\_\_ in this entire Psalm.
2. This Psalm begins and ends with the same phrase: Bless the Lord, O my soul.
3. Ray Pritchard says, "We need a good dose of Psalm 103 to wash out that \_\_\_\_\_ spirit and replace it with a heart of gratitude to the Lord."

## What does it mean to "bless the Lord? How can we bless God?"

1. To bless God means to show \_\_\_\_\_, gratitude, respect, and thankfulness to Him.

## All His Benefits

1. Praise for God's \_\_\_\_\_ (vs. 3a).
  - God forgives all our sins.
  - Our sin \_\_\_\_\_ us from God.
  - If we forget forgiveness, we will be unable to \_\_\_\_\_ God.
  - We all sin (Romans 3:23).
  - The good news is that all covers our sins in the past, present, and even the \_\_\_\_\_.
  - God is \_\_\_\_\_ to forgive.
  - God is ready to forgive.
  - God wants to forgive.
  - Consider the magnitude of God's love and forgiveness (Psalm 103:12).
  - Our sins are removed by God to \_\_\_\_\_ be found again.
2. Praise for God's \_\_\_\_\_ (3b).
  - David's words are pointing to every aspect of healing: spiritual, emotional, and physical.
  - God can heal relationships and deep \_\_\_\_\_.
  - Disease is the \_\_\_\_\_ of sin – not individual sin, but the sin of Adam and Eve, and the Fall that resulted.
3. Praise for God's \_\_\_\_\_ (vs. 4a).
  - To be redeemed is to be \_\_\_\_\_.
  - Being redeemed is being rescued from the " \_\_\_\_\_."
  - The pit refers to \_\_\_\_\_ itself.
  - God gives us a \_\_\_\_\_ for living.

- We need to remember our lives count.
4. Praise for God's love and \_\_\_\_\_ (vs. 4b).
    - A crown speaks of our standing as the \_\_\_\_\_ of God.
    - Mercy is not getting what you \_\_\_\_\_.
    - Being crowned is certainly speaking of honor, but not in the world's terms. Here, it is the Father's love and \_\_\_\_\_ that are placed on our heads.
  5. Praise for God's \_\_\_\_\_ (vs. 5).
    - To be satisfied is to be so full you don't \_\_\_\_\_ anything else.
    - In Christ we have all we need. If we forget this, we are left with \_\_\_\_\_ and disgruntled lives.
    - God doesn't give us our every little heart's \_\_\_\_\_.
      - What God gives us is infinitely greater – He gives us \_\_\_\_\_.
      - God gives us what we \_\_\_\_\_ just when we need it the most.
      - God gives us inner renewal, the \_\_\_\_\_ for each day.

**Practical suggestions as you praise the Lord.**

1. \_\_\_\_\_ around – His benefits are all around you.
2. Be \_\_\_\_\_ – a grateful heart encourages praise to God for His benefits.
3. Speak it – \_\_\_\_\_ someone about God's benefits.
4. Do it \_\_\_\_\_ – make praising God for His benefits part of your daily routine.

**How to begin a relationship with Christ.**

1. A – \_\_\_\_\_ you are a sinner.
2. B – \_\_\_\_\_ what the Bible says about Jesus in 1 Corinthians 15:3-4.
3. C – \_\_\_\_\_ and choose (Romans 10:9-10).