

August 22nd and 23rd, 2023
Triumphant Tuesday Bible Study
and
Wisdom Wednesday
Psalm 103
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Introduction

The authorship of Psalm 103 is credited to King David, the second king of Israel. Under the leadership of David all 12 tribes of Israel was united. King David is credited with writing 73 of the 150 Psalms.

I did not find anything specific that was going on during the time of this writing, it is believed that this Psalm was written in the latter years of Davids' life; exact time period unknown.

If you have read through Psalm 103, you might have noticed that there are no requests in this psalm; no seeking of help of any kind, guidance, healing, no petitions of any kind mentioned in this Psalm. This Psalm is all about praising and worshiping and acknowledging God for who He is.

David committed sin in his life, but unlike other kings, David repented of his sins and honored the Lord. The Lord showed mercy and grace on David and allowed him to become a powerful, respected, and prosperous leader. David realizes that his success was not due to any power of his own; but it was due to God's grace, mercy, unconditional love and compassion that He has for David.

Psalm 103 is an example of how David expressed his love for God, for being an awesome God and for the deeds God commits in the lives of His people. David did not focus on his position, possession or his financial prosperity; David reminds himself of the goodness and compassion of God.

David took this time to give God the praise and honor that only He (God) deserves, for He is Lord of all. **"You are worthy, O Lord our God, to receive glory and honor and power. For you created all things, and they exist because you created what you pleased. Revelation 4:11 NLT**

Colossians 1:16 NKJV states, “everything was created through him and for him.”

1 Chronicles 16:29 KJV reads, “Give unto the LORD the glory due unto his name: Bring an offering, and come before him: Worship the LORD in the beauty of holiness.”

Worshipping and praising the Lord are essential in our lives. We were created to worship and give God his due glory. **Isaiah 43:21 NKJV read, “This people have I formed for Myself; they shall declare My praise.**

Psalm 103 has 22 verses, outlined as follows: NIV Translation

Vs 1-2 Worship

Vs 3-7 Remembering What God has done

Vs 8-18 Remembering God’s Character

Vs 19 God’s Throne and Rule

Vs 20-22 Worship

Verses 1-2 Worship

1 Praise the Lord, my soul; all my inmost being, praise his holy name.

2 Praise the Lord, my soul, and forget not all his benefits-

In my reading these two verses, I believe David, had a heart-to-heart talk with himself; he reached the conclusion that he needed to offer up praise to the Lord. Praise to God for who He is. He was thinking to himself how great and graciously God has powerfully worked in his life. David called upon his soul to bless the Lord.

When we bless the Lord with our soul, we are praising Him with our whole heart; with all that we are and everything we have within us

If we are not currently taking praise breaks, during the day, start doing so. ***Psalm 139:13-14 NIV reads, “For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.***

Worshipping from deep within, it is not just about an outward expression, it’s about praising God completely and with the whole heart. Praise God with our

entire being. When we bless the Lord with our soul and all that is within us, it's not just lip service to God.

You asked, how can you worship God with our entire being? Worship God in our actions/reactions to others, worship God in how we love others, how we choose to spend our time (instead of binge watching a program, spend time in the Word, meditating on His word, spending time in Prayer).

Praise Him by lifting your hands/wave your hands-Ps 134:2 NIV, "Lift up your hands in the sanctuary, and praise the Lord"

Praise Him with singing-Ps 147:1 NIV, Praise the Lord. How good it is to sing praises to our God, how pleasant and fitting to praise him!"

Praise Him with your words-Hebrews 13:15 AMP, Through Him, therefore, let us at all times offer up to God a sacrifice of praise, which is the fruit of lips that thankfully acknowledge and confess and glorify His name."

Praise Him with dancing and instruments-Ps 149:3 NLT, "Praise his name with dancing, accompanied by tambourine and harp."

Praise Him in fellowship with other believers-Hebrews 2:12 KJV, "saying, "I will declare thy name unto my brethren, in the midst of the church will I sing praise unto thee."

I believe that David is saying in these first two verses, "come on soul, look at the greatness and goodness of God; join in with my mouth soul, and let us bless the Lord with our whole being. Don't let your mind wonder off onto something else, like, what you going to eat for dinner, remembering that you got to get the laundry started, you have to go to the grocery store, how long has that piece of lent been hanging on the drapery or that spider web up in the corner of the room. David knows praising with the mouth without the heart and soul is just lip service. **Matthew 15:8 NIV reads, "These people honor me with their lips, but their hearts are far from me."** David encourages himself to praise the Lord.

Spurgeon stated, "Let others murmur, but do thou bless. Let others bless themselves and their idols, but do thou bless the Lord. Let others use only their tongues, but as for me I will cry, "Bless the Lord, O my soul" and forget not all his benefits.

Forget not all his benefits, takes us to:

Verses 3-7 Remembering What God has done

3 who forgives all your sins and heals all your diseases

4 who redeems your life from the pit and crowns you with love and compassion

5 who satisfies your desires with good things so that your youth is renewed like the eagle's.

6 The Lord works righteousness and justice for all the oppressed.

7 He made known his ways to Moses, his deeds to the people of Israel

We have tendency to take for granted all that God has done for us. We should wake up daily being thankful of soundness of body, soundness of mind, sight, hearing, speech, appetite, and numerous other mercies.

But above all else, we should be thankful and forget not all His benefits;

He forgave our iniquities our sins which have been blotted out by the precious blood of Jesus.

He heals all our diseases, all genuine healing is from God, if you have been sick, and recovered, thank God for your recovery, because God is the source of all healing. One of the names of God is Jehovah Rapha-the Lord our Healer. There is no such a thing with Him as an incurable disease.

He redeems our lives from the pit, he continuously delivers us from daily dangers, accidents, we probably want realize how often we experienced divine intervention of our God until we get to heaven.

He crowns us with lovingkindness and tender mercies, it is a wonderful badge of royalty for those who were once the loveless and guilty. We are loved with everlasting love and showered day by day with His mercy.

*He satisfies our mouth with good things, He brings true satisfaction to our lives, He satisfies our longing heart and He does not withhold any good thing from those who walk uprightly. Our youth is renewed like the eagle, only God renews, tireless strength. Sickness and violence may affect the body, but they cannot touch the spirit. **“Those who wait on the Lord shall renew their strength; they shall mount***

up with wings like eagles, they shall run and not be weary, they shall walk and not faint.” Isaiah 40:31 KJV. A person that dwells in God enjoys continuous revival, and goes from strength to strength, like the eagle soaring from one height to the next.

David remembers God and all His benefits; Moses tells the Israelites to remember the Lord and what He did for them, and Moses cautioned them not to forget all his benefits.

“Only be careful, and watch yourselves closely so that you do not forget the things your eyes have seen or let them fade from your heart as long as you live. Teach them to your children and to their children after them.” (Deuteronomy 4:9)

“be careful that you do not forget the Lord, who brought you out of Egypt, out of the land of slavery.” (Deuteronomy 6:12)

“But I assure you of this: If you ever forget the Lord your God and follow other gods, worshiping and bowing down to them, you will certainly be destroyed. Just as the Lord had destroyed other nations in your path, you also will be destroyed if you refuse to obey the Lord your God.” (Deuteronomy 8:19-20)

But though God punishes, there is always the hope of repentance and restoration.

The mercy and kindness of the Lord are demonstrated in His dealings with the Israelites, especially during their flee from Egypt (**details of that journey can be found in the book of Exodus chapters 1-15**).

On their journey from Egypt to the Promise Land, God revealed His ways to Moses and His acts to the people of Israel. He took Moses into His inner counsels and shared His plans and purposes with him. The people of Israel saw the practical outworking of these plans. The difference between His ways and His acts is that His **ways** are learned by revelation whereas His **acts** are a matter of observation.

Verses 8-18 Remembering God’s Character

8 The Lord is compassionate and gracious, slow to anger, abounding in love

9 He will not always accuse, nor will he harbor his anger forever

10 he does not treat us as our sins deserve or repay us according to our iniquities

11 For as high as the heavens are above the earth, so great is his love for those who fear him

12 as far as the east is from the west, so far has he removed our transgressions from us

13 As a father has compassion on his children, so the Lord has compassion on those who fear him

14 for he knows how we are formed, he remembers that we are dust

15 The life of mortals is like grass, they flourish like a flower of the field

16 the wind blows over it and it is gone, and its place remembers it no more

17 But from everlasting to everlasting the Lord's love is with those who fear him, and his righteousness with their children's children

18 with those who keep his covenant and remember to obey his precepts

Have you ever just taken the time and thought over your own individual lives (not at someone else life, which is easy to do) but at some areas in our own lives where we have had Israelite moments.

Philippians 2:14 TPT, "Live a cheerful life, without complaining or division among yourselves.

When we are discontent, we argue both in our minds and with our mouths-with ourselves, other people, and with God. When God delivered the Israelites, they began to complain about lack of water (Ex15) lack of food (Ex 16) they complained about their trials in the wilderness and how they wanted meat (Numbers 11) they complained against Moses and God.

*Paul instructs us in **Philippians 4:11-13** that whatever situation, to have contentment in all circumstances, we can do all things through him that strengthens us. It is possible that the current source of our discontentment is part of God's perfect plan for our lives.*

It is God's character to be kind, compassionate, patient and restrained, meaning slow to anger; the Lord is full of compassion and mercy. No one knew this better than the Israelites. God forgave them over and over again. David could speak on

the forgiveness of God and so can we. The Lord is extremely patient with us; how much more that we should endure the challenges of our family, friends, and foes.

The MSG bible says in 2 Peter 3:8-9 “Don’t overlook the obvious here, friends. With God, one day is as good as a thousand years, a thousand years as a day. God isn’t late with his promise as some measure lateness. He is restraining himself on account of you, holding back the End because he doesn’t want anyone lost, He’s giving everyone space and time to change.”

God is patient, God is loving and forgiving, but when God looked on men in the time of Noah, and was sorry that He had made man, He is sorry when we continue in sin. God waited a long time before He turned His anger and destroyed all but Noah’s family (Genesis chapters 6-9); this was done so by water.

2 Peter 3:7 NIV states, “By the same word the present heavens and earth are reserved for fire, being kept for the day of judgement and destruction of the ungodly.”

*When God says it is done, it is done. There will be a final day of accountability, both at death (and there will be no coming back to warn anyone) per **Luke 16:31, NIV**, which states, “He said to him, ‘if they do not listen to Moses and the Prophets, they will not be convinced even if someone rises from the dead.’” And the Great White Throne (**Revelation 20:11-15 NKJV**) and a portion of it reads, beginning with verse 12 “and I saw the dead, great and small, standing before the throne, and books were opened. Another book was opened, which is the book of life. The dead were judged according to what they had done as recorded in the books.” Now the Genesis flood serves as preview of coming attractions, only this time will be fire not water. Help us Lord!*

*God has not dealt with any of us according to our sin, because we all are guilty of sin. God accepted the body and blood of Jesus (the perfect sacrifice) as full payment for our sin and iniquity. **Ephesians 2:8-9 NIV**, “For it is by grace you have been saved, through faith-and this is not from yourselves, it is the gift of God-not by works, so that no one can boast.”*

*To read what David wrote “he does not treat us as our sins deserve or repay us according to our iniquities **Ps 103:10 NIV**, I would say David as well as ourselves are feeling overwhelming joy, knowing that all is well with our soul. We don’t have*

enough words in our vocabulary to express the gratitude that we should have for our loving LORD.

Ephesians 2:13 TPT, "Yet look at you now! Everything is new! Although you were once distant and far away from God, now you have been brought delightfully close to him through the sacred blood of Jesus-you have actually been united to Christ!"

The love of God towards us is so great, there is no measurement and the distanced that God has removed our sin is unmeasurable, because they do not exist any longer. There is no condemnation for our sins, as if they had not been committed. **Isaiah 43:25 NIV, "I even I, am he who blots out your transgressions, for my own sake, and remembers your sins no more." And Isaiah 44:22 NIV, "I have swept away your offenses like a cloud, your sins like the morning mist. Return to me, for I have redeemed you."**

The wages of our sins-our debt-is death (**Romans 6:23**) Jesus Christ was willing to pay that debt by dying in our place, thus blotting out the record of our debt and pardoning our sins.

As far verse 13; God offers himself as a Father to those who never had a Father. Not every child has or had a tender and compassionate father, sometimes abuse or dysfunctional issues rob children of this experience. God can tenderly heal any deep loss you have suffered. Let me read a portion of **Romans 5:5 from the MSG bible, "because we know how troubles can develop passionate patience in us, and how that patience in turn forges the tempered steel of virtue, keeping us alert for whatever God will do next. In alert expectancy such as this, we're never left feeling shortchanged. Quite the contrary-we can't round up enough containers to hold everything God generously pours into our lives through the Holy Spirit!"**

The scripture says, **keep in alert expectancy of what God will do next.** God will tenderly heal any deep loss. God has compassion for his children.

Gods' pity never fail to flow, and we never cease to need it. The Lord looks down in pity on us in our weakness. He knows that we are made from dust. Even though God knows that our trials work for our good, he pities us; God examines our lives, he remembers our human conditions; but our weakness should never be used as

an excuse to sin. Gods' mercy takes all our weaknesses into account. It is better to be on the side of Gods' pity and compassion than to be on the side of His anger or righteous judgement.

*Not only is man dust, but he soon returns to dust. Life on this earth is like a vapor, here today and gone tomorrow; compared to smoke, which vanishes away. Human life is short, like grass and flowers that quickly bloom and wither away. **Job 7:10 NIV, "He will never come to his house again; his place will know him no more."** We only pass this way once; we must do the very best with our life while we are here.*

*Those who appeal to God's mercy by proper fear and obedience, will overcome the shortness of physical life with eternal life. God's mercy to us do not die with us, it will be continued unto eternity in that future and endless life. God looks kindly upon the children of those who follow Him. Noah is an example of that; Noah three sons were spared, because Noah found grace in the sight of the LORD. I'm thinking that one reason the blessing goes down from one generation to the other is, because the righteous teach their children and grandchildren the ways of God. **Joel 1:3 NIV, "Tell it to your children, and let your children tell it to their children, and their children to the next generation."***

*The obedience of those who keep God's covenant show the reality of Gods' mercy and they walk in devoted fellowship with the Lord. To those that remember Gods' commandments to do them: Some read them and hear them, but forget them, at least to do them; **James 1:23 in the MSG states, "Don't fool yourself into thinking that you are a listener when you are anything but, letting the Word go in one ear and out the other. Act on what you hear! Those who hear and don't act are like those who glance in the mirror, walk away, and two minutes later have no idea who they are, what they look like.***

*The covenant is holy, **Jermiah 31:33 NKJV, says, "...I will put my laws in their minds and write it on their hearts. I will be their God, and they will be my people."** Its general aim is the sanctifying of a people unto God, zealous for good works, and all its gifts and operations work in that direction. Faith keeps the covenant by looking alone to Jesus, while at the same time by earnest obedience it remembers the Lord's commandments to do them.*

Verse 19 God's Throne and Rule

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

The Lord is King. His throne is in the heavens. And His authority is universal. He who made all, rules all, and both by a word of power. He disposes all persons and things to His own glory. When we worship the Lord God, we worship the King of the universe. The “Lord of Hosts” is sovereign over all things He has created, including the stars and planets.

*God, the great Creator of all things; He uphold, direct, dispose and govern all creatures, actions, and things, from the greatest even to the least. God is most wise and holy, according to His infallible foreknowledge, and the free and immutable counsel of His own will, to the praise of the glory of His wisdom, power, justice, goodness, and mercy. **Isaiah 42:8 NKJV “I am the Lord, that is My name; And My glory I will not give to another, Nor My praise to carved images.”***

God’s glory in the heavens and the earth points to how amazing and wonderful He is; God’s goodness reminds us how awesome He is. Having a personal intimate relationship with God, makes God real and personal, it is no longer the God who only exists in heaven, but He is the God who dwells among us.

What God creates, He also sustains. The universe is not only dependent upon God for its origin, it depends upon God for its continuance of existence. The universe can neither exist nor operate by its own power. God upholds all things by His power. It is in Him that we live, and move, and have our being.

*The **LORD** is our **Shepherd**.*

Verses 20-22 Worship

20 Praise the Lord, you his angels, you mighty ones who do his bidding, who obey his word.

21 Praise the Lord, all his heavenly hosts, you his servants who do his will

22 Praise the Lord, all his works everywhere in his dominion. Praise the Lord, my soul.

*Angels obey God, they wait for opportunities to do so. They neither slumber nor sleep, but listen for what the Lord will say. They’re described in **Ezekiel chapter 1, ‘with their wings stretched upward, manifesting their watchfulness and***

readiness for service’; let us glean from the actions of the angels to watch for opportunities to be dedicated servants of God, have a readiness to learn more of Him and fellowship with Him and do all in the spirit of praise and worship to our Father in heaven.

*The angels focus on praising and worshiping God for who He is; they celebrate God’s holiness and the joy of experiencing God’s pure love by leading worship in heaven. The angels always serve God, they never stop. The apostle John wrote **Revelation 5:11-12 NIV**, which states, **“Then I looked and heard the voice of many angels, numbering thousands upon thousands, and ten thousand times ten thousand. They encircled the throne and the living creatures and the elders. In a loud voice they were saying: “Worthy is the Lamb, who was slain, to receive power and wealth and wisdom and strength and honor and glory and praise!”***

*The final shout of praise in this psalm doesn’t come from the angels, but from David. David said, **“Praise the Lord, my soul.”** Redeemed men and women have more to praise the Lord for than do all the angels in heaven and all the universe.*

*We will **FOREVER** have reason to **Praise and Worship** the **LORD!***

O my soul, bless God. From head to toe, I’ll bless his holy name! O my soul, bless God, don’t forget a single blessing! (Ps 103:1-2 MSG)

Resources:

Bibles: AMP, NIV, NLT, TPT, KJV, NKJV

Matthew Henry Commentary

Charles H Spurgeon’s Treasury of David

Warren Wiersbe

David Guzik Psalm Vol #3

Charles F Stanley – Prayer the Ultimate Conversation

