

**WHO DOES YOUR SOUL BLESS?  
FORGET NOT HIS BENEFITS: Prep for Nehemiah 9  
PSALM 103:1-22**

- I. WE ARE TO **BLESS THE LORD WITH OUR WHOLE HEARTS**: David commands his own soul to bless the Lord, to bless His holy Name (1-2a)
  
- II. WE ARE **NOT TO FORGET HIS KIND DEEDS... Don't forget one!!!! (2b-18)**
  - A. HIS KIND DEEDS TOWARD US: *What He has done for us in Christ* (3-5)
    - 1. **He pardons all our iniquity** and is the healer of all of our diseases (3)
    - 2. He purchased our lives from the pit (4a)
    - 3. He crowns us with His lovingkindness and compassion (4b, 8)
    - 4. He causes us to be satisfied with good, so that we are renewed (5)
  
  - B. HIS KIND DEEDS **FOR ALL**: The Lord does what is right and executes judgment for all who are oppressed (6)
  
  - C. THE LORD MADE KNOWN HIS WAYS TO ISRAEL AND THUS TO THOSE WHO FEAR HIM: *The Lord revealed He is compassionate and gracious, slow to anger and abounding in lovingkindness* (7-14)
    - 1. **The Lord is...compassionate and gracious, slow to anger and abounding in lovingkindness** (8)
    - 2. He will not always strive with us or keep His anger (9)
    - 3. **He has not deal with us and recompensed us according to our sin** (10)
    - 4. A glorious explanation for those **who fear Him** (11-14)
      - a) **His great loving kindness brought about the complete removal of our sin**
      - b) He has Fatherly compassion upon us, being mindful of our frame
    - 5. Man's days are passing but the Lord's lovingkindness is everlasting, and His righteousness endures for those **who fear Him**, obey His Word (15-18)
  
- III. THE LORD IS ESTABLISHED OVER ALL...SO BLESS THE LORD, all His angels and His works, **BLESS THE LORD O MY SOUL!** (19-22)