

PRAISE AND \_\_\_\_\_

Psalm 103:1-5

Intro: One of the characteristics of the believer should be that of praise and thanksgiving. To the believer who has a \_\_\_\_\_ view of themselves and the goodness of God, he/she will have a grateful heart and \_\_\_\_\_ of praise. In Psalm 103, we see the Psalmist sharing what he is grateful for.

- I. We see a \_\_\_\_\_ commitment to praise and thanksgiving Vs 1
- A. The Psalmist is reminding \_\_\_\_\_ of the need for praise and thanksgiving-  
**Bless the LORD, O my soul:**
1. A conscious effort on his part
  2. \_\_\_\_\_ training
- B. The Psalmist is reminding himself of the \_\_\_\_\_ who is worthy of the praise and thanksgiving
1. **Bless the LORD**
  2. **Bless his holy name**
- II. We see there are personal \_\_\_\_\_ which the Psalmist recognized Vs 2-5
- A. \_\_\_\_\_ Vs 3 **forgives all your iniquities**
1. The first of God's benefits
  2. **Forgives**-a present tense word carrying the idea of continual in action
- B. \_\_\_\_\_ Vs 3 **heals all your diseases**
1. Spiritual and physical diseases
  2. Even if the believer is taken from this earth by disease, eternal healing is the result cf. 1 Corinthians 15
- C. \_\_\_\_\_ Vs 4 **Who redeems your life from destruction**
1. The \_\_\_\_\_ of the cleansing
  2. The result of God's placing the payment made by Christ to our sin \_\_\_\_\_
- D. \_\_\_\_\_ Vs 4 **crowns you with lovingkindness and tender mercies**
1. The believer's exaltation is \_\_\_\_\_ self-earned
  2. The believer's exaltation will ultimately take place in \_\_\_\_\_
- E. \_\_\_\_\_ Vs 5 **satisfies thy mouth**
1. **Satisfy-to** \_\_\_\_\_
  2. **1Ti 6:17 Charge them that are rich in this world, that they be not highminded, nor trust in uncertain riches, but in the living God, who gives us richly all things to enjoy;**
- F. \_\_\_\_\_ V 5 **satisfies your mouth with good things**
1. **Good things**-those words and necessities that are good for the believer
  2. The mouth that is satisfied with good things will be a mouth that is ever \_\_\_\_\_ forth praise and thanksgiving for what God has given
- G. \_\_\_\_\_ Vs 5 **satisfies your mouth with good things so that your youth is renewed like the eagle's**
1. **Your youth is renewed**-youthful vigor is maintained \_\_\_\_\_, even while the body is growing older and weaker
  2. Those who practice the sacrifice of praise and thanksgiving to God are ever \_\_\_\_\_ and energetic about what God is doing in their life cf. Vs 1-  
**Bless the LORD, O my soul: and all that is within me, bless his holy name.**

Concl: As we enter the holiday season. Let us not be \_\_\_\_\_ by the world's mindset of material gratification, but let us mind heavenly things and be overcome with the \_\_\_\_\_ of God to each of us, personally.