

## Benefits Remembered

**[Psa 103:1-5 NASB] 1 [A Psalm] of David. Bless the LORD, O my soul, And all that is within me, [bless] His holy name. 2 Bless the LORD, O my soul, And forget none of His benefits; 3 Who pardons all your iniquities, Who heals all your diseases; 4 Who redeems your life from the pit, Who crowns you with lovingkindness and compassion; 5 Who satisfies your years with good things, [So that] your youth is renewed like the eagle.**

- Unholy amnesia. We simply forget. The narrative changes based on what is happening now. It should not, but it often does. Winners in the Kingdom, learn to remember the benefits of serving and trusting God.
- We must always remember that serving the Lord benefits us. God is not offended that we think about the benefits of serving Him. It is part of a faith that pleases Him. **[Heb 11:6 NASB95] 6 And without faith it is impossible to please [Him,] for he who comes to God must believe that He is and [that] He is a rewarder of those who seek Him.**

**How do we get ourselves to remember the benefits of the LORD?**

**Transitional: There are four main observations we make about remembering the benefits of serving the LORD.**

### **I. To remember the benefits, God wants us to intentionally stir ourselves up to praise Him.**

- A. V. 1 Bless the LORD, O my soul, And all that is within me, [bless] His holy name. 2 Bless the LORD, O my soul, And forget none of His benefits
- B. Others murmur while we bless.
- C. It's the lesser giving praise to the greater.
- D. Boyce – What a rebuke for much of what we call praise in our assemblies.
- E. Morgan – The singer realized he has power over himself to give or withhold that which is due to the LORD.
- F. Worship is not involuntary, nor is it automatic.
- G. His Holy Name: who God is and what God does.
- H. Learning to set the focus on Him is the first step to keeping yourself in a place of remembering the benefits of serving God.

### **II. To remember the benefits, God wants us to practice some self-talk.**

- A. V. 1 Bless the LORD, O my soul, And all that is within me, [bless] His holy name. 2 Bless the LORD, O my soul, And forget none of His benefits
- B. "My soul" (1 & 2) vs. "your sins," "your diseases," "your life," "crowns you," "your desires"
- C. Calls himself to arise (again repeats). He is stirring up his inmost self. He counters the dullness of life.
- D. Expositors Bible - In Psalm 103:1-5 the psalmist sings of his own experience. His spirit or ruling self calls on his "soul," the weaker part, which may be cast down {Psalm 42:1-11 and Psalm 43:1-5} by sorrow, and needs stimulus and control, to contemplate God's gifts and to praise Him. A good man will rouse himself to such exercise and coerce his more sensuous and sluggish faculties to their noblest use.
- E. Forget not... stir up remembrance.
- F. All His benefits...
  - a. [Mal 3:14-18 NASB95] 14 "You have said, 'It is vain to serve God; and what profit is it that we have kept His charge, and that we have walked in

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mourning before the LORD of hosts? 15 'So now we call the arrogant blessed; not only are the doers of wickedness built up but they also test God and escape.'" 16 Then those who feared the LORD spoke to one another, and the LORD gave attention and heard [it,] and a book of remembrance was written before Him for those who fear the LORD and who esteem His name. 17 "They will be Mine," says the LORD of hosts, "on the day that I prepare [My] own possession, and I will spare them as a man spares his own son who serves him." 18 So you will again distinguish between the righteous and the wicked, between one who serves God and one who does not serve Him.

- b. There is a difference.
- c. There is a day coming.

G. We are constantly talking to ourselves. What we say to ourselves matters!

### III. To remember the benefits, we must know the benefits.

A. All sins forgiven

- 1. Removes the ill effects of sin
- 2. Restores the favor of God
- 3. His is continuing to forgive.
- 4. [Rom 8:1 NASB] 1 Therefore there is now no condemnation for those who are in Christ Jesus.

B. All diseases healed

- 1. [Luk 5:22-25 NASB] 22 But Jesus, aware of their reasonings, answered and said to them, "Why are you reasoning in your hearts? 23 "Which is easier, to say, 'Your sins have been forgiven you,' or to say, 'Get up and walk'? 24 "But, so that you may know that the Son of Man has authority on earth to forgive sins,"--He said to the paralytic--"I say to you, get up, and pick up your stretcher and go home." 25 Immediately he got up before them, and picked up what he had been lying on, and went home glorifying God.
- 2. [Jas 5:14-15 NASB] 14 Is anyone among you sick? [Then] he must call for the elders of the church and they are to pray over him, anointing him with oil in the name of the Lord; 15 and the prayer offered in faith will restore the one who is sick, and the Lord will raise him up, and if he has committed sins, they will be forgiven him.

C. Your life redeemed from the pit

- 1. Psalm 55:18 - He will redeem my soul in peace from the battle; though many are against me,
- 2. [1Co 1:30 NASB] 30 But by His doing you are in Christ Jesus, who became to us wisdom from God, and righteousness and sanctification, and redemption,

D. Crowns you with (by) love and compassion

- 1. Psalm 8:5 You made him a little lower than the angels; you crowned him with glory and honor.
- 2. Psalm 5:12 For surely You, O LORD, bless the righteous; You surround them with the shield of your favor.

E. Satisfies your desires (or years) good things youth renewed like eagles

- 1. Psalm 107:9 For He satisfies the thirsty and fills the hungry with good things.
- 2. Isaiah 40:31 But those who wait upon the LORD will renew their strength; they will mount up with wings like eagles; they will run and not grow weary; they will walk and not faint.

### IV. Benefits lived out.

## **Benefits Remembered**

- A. Make this a daily confession.
    - a. [Heb 4:14 NASB95] 14 Therefore, since we have a great high priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession.
    - b. JFB: As the genitive follows, the literal, sense is, "Let us take hold of our profession," that is, of the faith and hope which are subjects of our profession and confession.
    - c. Jesus, as High Priest, takes our confession before God. The Psalmist declared these things as a confession of faith.
  - B. Meditate on these truths.
    - a. [Psa 119:15 NASB95] 15 I will meditate on Your precepts And regard Your ways.
    - b. There is power when we meditate on truths from God's Word.
  - C. March against the enemy with these truths.
    - a. [Eph 6:17 NASB95] 17 And take THE HELMET OF SALVATION, and the sword of the Spirit, which is the word of God.
    - b. Word of God = rhema of God = a thing spoke...a promise... utterance
    - c. The Word coming out of your mouth is a weapon against the enemy.
- **God wants us to remember the benefits of serving Him by intentionally praising Him and talking to ourselves as we identify God's promises making them part of our daily lives.**