

## SERMON NOTES

### Bless the Lord, O My Soul (Ps 103)

**Ps 103:1-5** (ESV) – <sup>1</sup> Bless the Lord, O my soul, and all that is within me, bless His holy name! <sup>2</sup> Bless the Lord, O my soul, and forget not all His benefits, <sup>3</sup> who forgives all your iniquity, who heals all your diseases, <sup>4</sup> who redeems your life from the pit, who crowns you with steadfast love and mercy, <sup>5</sup> who satisfies you with good so that your youth is renewed like the eagle's.

**Main Point:** *There is a need in life to preach to ourselves in particular to bless the Lord, instead of passively listening to our anxious thoughts.*

#### 1. What Does Preaching to Yourself Mean?

- a) It's talking to yourself instead of listening to yourself –
- b) It's pushing anxious thought off centerstage –
- c) It's necessary because we respond to whatever we're listening to –

**John 10:27** (ESV) – Jesus said <sup>27</sup> My sheep hear my voice, and I know them, and they follow me.

#### 2. What Is the Biblical Basis for Preaching to Yourself?

- a) Psalm 42, 43, 103, 104, explicitly involve an inner dialogue –

**Ps 43:5** (RSV) – <sup>5</sup> Why are you cast down, O my soul, and why are you disquieted within me? Hope in God; for I shall again praise Him, my help and my God.

#### 3. What Should We Preach to Ourselves?

- a) In any situation, anything the Lord says in His Word –
- b) But in general, regardless of the situation, bless the Lord –

**Ps 103:1** (ESV) – <sup>1</sup> Bless the Lord, O my soul, and all that is within me, bless His holy name!

**John 14:26** (ESV) – <sup>26</sup> But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.

#### 4. What Does It Mean to Bless the Lord?

- a) Something like pleasing another –
- b) Same word for the Lord blessing us and us blessing the Lord –
- c) Him blessing us with every good thing needed –
- d) Us blessing Him with appreciation and “forget not” commemoration
- e) Blessing from us to the Lord: It’s about Him not about us –

**Ps 103:2-5** (ESV) – <sup>2</sup> Bless the Lord, O my soul, and forget not all His benefits, <sup>3</sup> who forgives all your iniquity, who heals all your diseases, <sup>4</sup> who redeems your life from the pit, who crowns you with steadfast love and mercy, <sup>5</sup> who satisfies you with good ...

**2Cor 12:14** (NKJV) – <sup>14</sup> For the children ought not to lay up for the parents, but the parents for the children.

#### 5. Why Should We Tell Ourselves to Bless the Lord?

- a) The way Ps 103 is written is intentional –
- b) It’s healthy for us; there’s pleasure in it; it’s a sign of mutual love –
- c) It’s not natural for us because we question whether God loves us –
- d) But it is natural for all of Creation to bless the Lord –

**Ps 103:6-22** (ESV) – ... <sup>8</sup> The Lord is merciful and gracious, slow to anger and abounding in steadfast love. ... <sup>11</sup> For as high as the heavens are above the earth, so great is His steadfast love toward those who fear Him; <sup>12</sup> as far as the east is from the west, so far does He remove our transgressions from us. <sup>13</sup> As a father shows

compassion to His children, so the Lord shows compassion to those who fear Him. <sup>14</sup> For he knows our frame; He remembers that we are dust. ... <sup>17</sup> But the steadfast love of the Lord is from everlasting to everlasting on those who fear Him, and His righteousness to children's children, ... <sup>22</sup> Bless the Lord, all His works, in all places of His dominion. Bless the Lord, O my soul!

## **6. How Can I Make Blessing the Lord a Habit of Life?**

a) Memorize some or all of Ps 103 (v:1 or 1-5 or 1-22) –

b) As the Holy Spirit brings it to mind, tell yourself to bless the Lord –

### **For Further Thought and Discussion:**

#### **Getting Started:**

1. What was helpful to you in this sermon? What didn't you understand?
2. What do you think about the idea of preaching to yourself? What is your inner dialogue like in your mind? Do you talk to yourself? If so, do you talk to yourself in second person saying "why did you do that," or in first person saying "why am I so forgetful", or back and forth in both?
3. How often does the Bible flash through your mind? What do you find most challenging about the idea of preaching to yourself?
4. What do you think of the idea that what we should always preach to ourselves to bless the Lord? Especially since the Lord lacks nothing?
5. How easy or hard is it for you to express your appreciation of someone else in their hearing? Is it easier or harder or the same for you to express your appreciation of the Lord in prayer, in word, in deed, in all of life?
6. In what ways can appreciation be more than gratitude?

7. How easy or hard is it for you to “forget not” who the Lord is? How do you commemorate what He means to you?
8. Which of these obstacles most stand in the way of blessing the Lord through appreciation and commemoration of Him? How can Jesus help you deal with them? What opens the way to blessing the Lord?
  - a) Anxious thoughts won’t go away?
  - b) Distracted by and addicted to the anxious world?
  - c) Not confident that Jesus loves you?
  - d) Not confident that Jesus won’t change His mind about you?
  - e) Not sure Jesus rules Creation, so not sure it blesses Him?
  - f) Don’t have enough of Jesus and His Word in your mind?

**Application:**

9. How can Jesus help you preach to yourself as a habit of life? How can Jesus help you make blessing the Lord your natural way of thinking?
10. What’s one thing you can do this week to apply this passage?