

BLESS THE LORD AND FORGET NOT

(Psa 103:1 KJV) A Psalm of David. Bless the LORD, O my soul: and all that is within me, bless his holy name.

(Psa 103:2 KJV) Bless the LORD, O my soul, and forget not all his benefits: (Psa 103:3 KJV) Who forgiveth all thine iniquities; who healeth all thy diseases; (Psa 103:4 KJV) Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; (Psa 103:5 KJV) Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.

1. TWO COMMANDMENTS IN PSALM 103:

1. *Bless the Lord--O my soul--all that is within me.*

1. All that is within us---will, mind, emotion.
2. Bless the Lord for provisions. (Deu 8:10 KJV) When thou hast eaten and art full, then thou shalt bless the LORD thy God for the good land which he hath given thee. (Deu 8:11 KJV) Beware that thou forget not the LORD thy God, in not keeping his commandments, and his judgments, and his statutes, which I command thee this day: (Deu 8:12 KJV) Lest when thou hast eaten and art full, and hast built goodly houses, and dwelt therein; (Deu 8:13 KJV) And when thy herds and thy flocks multiply, and thy silver and thy gold is multiplied, and all that thou hast is multiplied; (Deu 8:14 KJV) Then thine heart be lifted up, and thou forget the LORD thy God, which brought thee forth out of the land of Egypt, from the house of bondage;
3. Don=t forget the Lord.
 1. (Deu 8:17 KJV) And thou say in thine heart, My power and the might of mine hand hath gotten me this wealth. (Deu 8:18 KJV) But thou shalt remember the LORD thy God: for it is he that giveth thee power to get wealth, that he may establish his covenant which he sware unto thy fathers, as it is this day.
 2. (Deu 8:19 KJV) And it shall be, if thou do at all forget the LORD thy God, and walk after other gods, and serve them, and worship them, I testify against you this day that ye shall surely perish.
4. Bless the Lord standing up. (Neh 9:5 KJV) Then the Levites, Jeshua, and Kadmiel, Bani, Hashabniah, Sherebiah, Hodijah, Shebaniah, and Pethahiah, said, Stand up and bless the LORD your God for ever and ever: and blessed be thy glorious name, which is exalted above all blessing and praise.
5. Bless the Lord by lifting up hands. (Psa 134:2 KJV) Lift up your hands in the sanctuary, and bless the LORD.
6. Bless the Lord for counsel.
 1. (Psa 16:7 KJV) I will bless the LORD, who hath given me counsel: my reins also instruct me in the night seasons.
 2. (Psa 16:8 KJV) I have set the LORD always before me: because he is at my right hand, I shall not be moved.
7. Bless the Lord at all times. (Psa 34:1 KJV) A Psalm of David, when he changed his behaviour before Abimelech; who drove him away, and he departed. I will bless the LORD at all times: his praise shall continually be in my mouth. (Psa 34:2 KJV) My soul shall make her boast in the LORD: the humble shall hear thereof, and be glad. (Psa 34:3 KJV) O magnify the LORD with me, and let us exalt his name together.

(Psa 34:4 KJV) I sought the LORD, and he heard me, and delivered me from all my fears.

2. *His benefits.*

1. Forgives our iniquities.

1. (Psa 51:1 KJV) To the chief Musician, A Psalm of David, when Nathan the prophet came unto him, after he had gone in to Bathsheba. Have mercy upon me, O God, according to thy lovingkindness: according unto the multitude of thy tender mercies blot out my transgressions. (Psa 51:2 KJV) Wash me thoroughly from mine iniquity, and cleanse me from my sin. (Psa 51:7 KJV) Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow.
2. (Isa 1:18 KJV) Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool.
3. (Psa 103:12 KJV) As far as the east is from the west, so far hath he removed our transgressions from us.

2. Heals our diseases.

1. (Exo 15:26 KJV) ...for I am the LORD that healeth thee.
2. (Psa 147:3 KJV) He healeth the broken in heart, and bindeth up their wounds.

3. The two-fold work of the cross.

1. (Isa 53:5 KJV) But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.
2. (1 Pet 2:24 KJV) Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed.
3. (Mat 8:17 KJV) That it might be fulfilled which was spoken by Esaias the prophet, saying, Himself took our infirmities, and bare our sicknesses.
Redeems our life from destruction.

4. Crowns us with lovingkindness and tender mercies.

5. Satisfies our mouth with good things; so that our youth is renewed like the eagle=s.
 1. Proper eating?
 2. Proper speaking? (1 Pet 3:10 KJV) For he that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak no guile:

2. BECAUSE HE HAS KNOWN MY NAME.

1. (Psa 91:14 KJV) Because he hath set his love upon me, therefore will I deliver him: I will set him on high, because he hath known my name.
2. (Psa 91:15 KJV) He shall call upon me, and I will answer him: I will be with him in trouble; I will deliver him, and honour him.

3. THE NAMES OF GOD.

1. ***Jehovah-jireh.***

1. The Lord our provider.
2. Gen. 22:14 - *"And Abraham called the name of that place Jehovah-jireh: as it is said to this day, In the mount of the Lord it shall be seen."*

2. ***Jehovah-rophe.***

1. The Lord our healer.
2. Ex. 15:26 - *"...for I am the Lord that healeth thee."*

3. ***Jehovah-nissi.***

1. The Lord our banner.
 1. Ex. 17:15 - *"And Moses built an altar, and called the name of it Jehovah-nissi."*
 2. Uplifted rod in Moses' hand became symbolic of Lord's strong arm or banner.
2. (Psa 60:3 KJV) Thou hast showed thy people hard things: thou hast made us to drink the wine of astonishment. (Psa 60:4 KJV) Thou hast given a banner to them that fear thee, that it may be displayed because of the truth. Selah.
3. (Song 2:4 KJV) He brought me to the banqueting house, and his banner over me was love.

4. ***Jehovah-M'kaddesh.***

1. The Lord our sanctifier - Ex. 31:13 - *"Speak thou also unto the children of Israel, saying, Verily my sabbaths ye shall keep: for it is a sign between me and you throughout your generations; that ye may know that I am the Lord that doth sanctify you."*
2. Sets forth that holy way in which a people already redeemed should walk worthy of their calling and the spiritual worship which the Lord demands of them.

5. ***Jehovah-shalom.***

1. The Lord is peace. (Eph 2:14 KJV) For he is our peace, who hath made both one, and hath broken down the middle wall of partition between us;
2. Title Gideon gave to altar built at Ophra. *"Peace be unto thee"* (Judges 6:23).

6. ***Jehovah-tsidkenu.***

1. The Lord our righteousness.
2. And this is his name whereby he shall be called, THE LORD OUR RIGHTEOUSNESS - Jer. 23:6.

3. Designation appears hundreds of times and is used in the sense of rendering justice and making right.

7. *Jehovah-rohi.*

1. The Lord our shepherd. (Psa 23:1 KJV) A Psalm of David. The LORD is my shepherd; I shall not want.
2. In this name, this relationship finds its highest and tender rest expression.

8. *Jehovah-shammah.*

1. The Lord is there (Ezek. 48:35). *"It was round about eighteen thousand measures: and the name of the city from that day shall be, The LORD is there."*
2. Promise to complete the pledge to bring man to his final rest and glory.