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.**

   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.