

Stirring up our hearts for God

Psalm 103: 1-22

Context - Psalm 103 is a Psalm of David that celebrates God's goodness and love for his people. It is the first of four psalms reflecting God's dealings with his people from creation to exile (Ps. 103-106). Scholars are uncertain concerning what caused David to write this Psalm.

Main Idea - Like David, we must call ourselves and others to praise God in every circumstance of life.

To avoid spiritual sloth and apathy...

1. _____ yourself to worship (vs. 1-2)

A. David begins with a self summons to bless Yahweh. Three times he repeats, "Bless the Lord, *O my soul.*"

B. David's call is full of passion and emotion. "All that is within me"

C. Worship is not merely about outward expression. It is about "an inward reality of a relationship with God" (Lawson).

2. _____ all of God's benefits (vs. 3-19)

A. Every act of God on our behalf is a reason to bless him. The Lord forgives, heals, redeems, dignifies, and satisfies us. (v. 3-5) All of this through Jesus Christ!

B. David reminds himself of God's faithful love towards his people, Israel. (Exodus 5-6; 33:13; 34:10)

3. _____ others to praise God with you (vs. 20-22)

A. He summons all of heaven to worship! "Bless the Lord, O you his angels."

B. He summons all creation! "Bless the Lord, all his works."