

# Psalm 103 Talking to Your Soul

Psa 103:1-22 ESV Of David. **Bless** the LORD, O my **soul**, and all that is within me, bless his **holy name!**

- Focus on 3 things -- **BLESS** → **MY SOUL** → **HIS HOLY NAME**
- The **psalm** begins (v1) and ends (v22) with “**Bless the Lord O my soul!**”

**BLESS** = to kneel - to show adoration - closely related to praise

- Psa 34:1 I will **ble**ss the LORD at all times; **his praise shall continually be in my mouth.**

**MY SOUL** → and all that is within me David is talking to his soul (*draw near with lips heart far*)

Why we need to talk to the soul (mind, will, emotions) interacts with and can be (-/+ ) affected by LIFE

- Psa 6:3 - My soul also is greatly troubled
- Psa 31:9-10 - My soul and my body also are wasted from grief
- Psa 119:28 - My soul melts away for sorrow
- 2Pe 2:8 - Lot's righteous soul was tormented in Sodom

SLIDE

- Psa 42:5 Why are you cast down, O my soul, and why are you in turmoil within me? **Hope in God**

**BLESS HIS HOLY NAME** it is hope in God that lifts our soul - this psalm a reminder of God & benefits

**In the Hebrew language** → connection between a person and their name. To “**be called**” something was understood as “**to be**” that thing -- **Examples**

- Mat 1:21 ESV She will bear a son, and you shall **call** his name Jesus, **for he will save** his people from their sins.”
- Gen 17:5 ESV No longer shall your name be called Abram [*FATHER*], but your **name shall be** Abraham [*FATHER OF A MULTITUDE*], **for I have made you** the father of a multitude of nations.

This is also true with God - His many names reveal who He is or what He does - Examples

- **Jehovah-Jireh** (*The LORD Will Provide*) - Gen 22:14
- **Jehovah-Rapha** (*The LORD Who Heals*) - Ex 15:26
- **Jehovah-Nissi** (*The LORD Is My Banner*) - Ex 17:15
- **Jehovah-Shalom** (*The LORD Is Peace*) - Jud 6:24
- **Jehovah-Raah** (*The LORD Is My Shepherd*) - Ps 23:1
- **Jehovah-Tsidkenu** (*The LORD Our Righteousness*) - Jer 23:6
- **Jehovah-Shammah** (*The LORD Is There*) - Ezek 48:35

**Moses “SHOW ME YOUR GLORY” - God linked His name to His glory and his goodness**

- Exo 33:18-19 ESV Moses said, “**Please show me your glory.**” 19 And he said, “I will make **all my goodness** pass before you and **will proclaim before you my name 'The LORD.'** And I will be gracious to whom I will be gracious, and will show mercy on whom I will show mercy.

**WHEN HE ACTUALLY PROCLAIMED HIS NAME TO MOSES**

- Exo 34:5-6 ESV The LORD descended in the cloud and stood with him there, and **proclaimed the name** of the LORD. 6 The LORD passed before him and proclaimed, “The LORD, the LORD, a God **merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness,**

DAVID REFERENCED THIS - AND IT IS WHAT HE MEANT BY SAYING **BLESS HIS HOLY NAME**

Psa 103:7 He made known his ways to Moses, his acts to the people of Israel. **8 The LORD is merciful and gracious, slow to anger and abounding in steadfast love.**

- David refers to this event - God reveals his glory & makes his way known through revealing His name

**Merciful** - compassionate

**Gracious** - to bend or stoop in kindness to an inferior

**Slow to Anger** - patient, long suffering

**Steadfast Love** - *Chesed* - the word that can't be described in English - a cup trying to catch a waterfall

**How can we step into BLESS THE LORD?**

**REMEMBER HIS BENEFITS** → these are all expressions of his name --

**AND ALL THAT IS WITHIN ME "BLESS HIS HOLY NAME"**

V2 Bless the LORD, O my soul, and forget not all his benefits,

-v3 who forgives **all** your **iniquity**, who heals **all** your **diseases**,

-v4 who **redeems** your life from the **pit**, who **crowns** you with **steadfast love and mercy**,

-v5 who **satisfies** you with **good** so that your youth is renewed like the eagle's.

-v6 The LORD **works righteousness** and justice for all who are **oppressed**.

-v9 He will not always chide, nor will he keep his **anger** forever.

-v10 He does not deal with us according to our **sins**, nor repay us according to our **iniquities**.

-v11 For as high as the heavens are above the earth, so great is his **steadfast love** toward those who fear him;

-v12 as far as the east is from the west, so far does he remove our transgressions from us.

-v13 **As a father shows compassion** to his children, so the LORD shows compassion to those who fear him.

**REMEMBER HIS ETERNAL NATURE AND THE EXTENT AND REACH OF HIS KINGDOM**

**The frailty and temporal nature of man**

- 14 For he knows our frame; he remembers that **we are dust**. 15 As for man, his **days are like grass**; he flourishes like a flower of the field; 16 for the wind passes over it, and **it is gone**, and its place knows it no more.

**The continuance and covenant nature of God - generation to generation**

- 17 **But the steadfast love of the LORD** is from **everlasting to everlasting** on those who fear him, and his righteousness to **children's children**, 18 to those who keep his covenant and remember to do his commandments.

**The extent and reach of His kingdom**

- 19 The LORD has established his **throne in the heavens**, and his **kingdom rules over all**.

**EVERYONE and EVERYTHING** → **BLESS THE LORD**

- 20 Bless the LORD, O you his **angels**, you **mighty ones** who do his word, obeying the voice of his word! 21 Bless the LORD, all his **hosts**, his **ministers**, who do his will! 22 Bless the LORD, **all his works, in all places** of his dominion. Bless the LORD, **O my soul!**

Summary - **Bless** the LORD, O my **soul**, and all that is within me, bless his **holy name!**

- 1) Bless the LORD
- 2) Talk to Your Soul - when you are beaten down by the world...
- 3) Remember His Name - remember all the amazing benefits of the LORD - and tell your soul to bless Him