

**Psalm 103: 1-18; “Forget not all His Benefits”, A Message Delivered
by Pastor Paul Rendall to those gathered at the Carrington Place
Nursing Home on September 25th, 2011, in the Afternoon.**

Usually when you think of blessing, you think of God’s blessing His creature man with blessings. He is the God from whom all blessings flow. He is the One who gives them, and we the ones who receive. But here the Psalmist David is exhorting his own soul to bless God (to give God glory and thankful praise) by enumerating to himself what God had done for him during his life. I pray that each of us would give this consideration; that this is what God is looking for from us, at whatever stage of life that we are in. A person who knows the Lord ought to praise the Lord, if he or she can do nothing else for Him. Psalm 147: 2 says praise is comely; that is, that it is beautiful in the mind and sight of God. All that is in you ought to bless His holy name. In verses 1-10 we find the blessings of life and eternal life enumerated. In verses 11-14, we find the blessings of God’s mercy elaborated. In verses 15-18 we find the awful shortness of man’s life contrasted with the wonderful unending length of God’s blessings upon those who are true believers. Let us receive the truth this afternoon, that each of us should bless the Lord with all that is within us.

1st of all – The blessings of life and eternal life recounted.

He we are told not to forget all God’s benefits. There is a tendency in many people to do this; even in the most godly. David, who was the “man after God’s own heart” must have had times himself when he forgot God’s benefits, or was tempted to do so because of the adverse circumstances that he was in. But he addresses his own soul not to do so. Is this something that you do, dear ones who are here today? Let it be said of each of us, in the Judgment Day which is surely coming, that we were a people who reminded ourselves often of God’s many blessings to us. It is only those who cannot bless the Lord for the gift of Christ who will end up in the everlasting lake of fire. Whatever circumstances that we are in; let us bless the Lord. The greatest of these benefits is placed at the top of the list. “Who forgives all your iniquities”. God forgives the guilt of all of our sins. When we think of the first and greatest commandment, that we should love the Lord our God with all of our mind, heart, soul, and strength; and the second which is that we love our neighbor as ourselves, we see that we have fallen far short of God’s glory in in many ways; of not loving God and our fellow-man in this total and complete way. But when we come confessing our sins to Him, He does forgive the guilt of our sin through what Jesus has done for us at the cross. In fact the first 4 of these blessings enumerated here are all related to the death of our Lord Jesus on our behalf. They have to do with God’s giving us the free gift of salvation and eternal life on the basis of the redemption in Christ. God forgives all of your iniquities, He heals all your diseases, and He redeems your life from destruction, or the pit. If the 2nd of these blessings only relates to the healing of the body in this present life, then it cannot be true, because the disease which leads to our death will not be healed. But when we think of this verse as relating to sin being the worst of our diseases, and how the great

physician Jesus Christ has made us whole and well spiritually by giving us eternal life and the new birth; when we remember that the final, complete, and total healing of our body will take place at the Resurrection of the Dead, then we can truly rejoice and bless the Lord with our whole soul. Yes, we will die physically someday, but we will never die spiritually. And one day, this same body in which we have lived and died, shall be resurrected and shall be more beautiful and strong than it ever was here in this life. Bless the Lord, O my soul. The body shall not be lost forever, and the soul shall be healed and never perish. Have you believed in Jesus Christ for the forgiveness of your sins and have you come to know the touch of His Spirit in your heart, taking away the dominion of this greatest disease, and giving you spiritual life and peace? Then bless the Lord, O your soul. He has redeemed your life from the pit. He has, and He will indeed crown you with lovingkindness and tender mercies for Jesus sake. Will you not bless the living risen Christ, O my soul, for all these saving mercies and grace? And will you not also remember what God has done for you on hundreds and thousands of days of life in this life? Will you not praise Him that your youth was renewed like the eagle's on so many occasions? Will you not bless Him for being able to live in a free country where you can worship Him in spirit and truth? Will you not praise Him for His patience toward you; His being slow to anger and abounding in mercy. Bless Him that although He may be angry with you as a believer, for a moment, that His favor is for a lifetime. He lovingly chastened you at times because you were not keeping His commandments in a way that was bringing Him pleasure, but He graciously did not deal with you according to your sins, nor did He punish you according to your iniquities. All of this, instead was laid on Christ.

2ndly – We find the blessings of God's mercy elaborated upon.

“For as the heavens are high above the earth, so great is His mercy toward those who fear; as far as the east is from the west, so far has He removed our transgressions from us.” You should bless the Lord this afternoon if you know Him, that your sins and transgressions of God's holy law have been removed from you and they have been removed completely, never to be brought up again for all eternity. God has placed the remembrance of them in the deepest sea. He has cast them behind His back. He has blotted them out of His book of judgment. He chooses to remember them no more. Even more than this; He has chosen because of Christ, to adopt you and bring you into His family as sons and daughters through Jesus Christ. He was indeed your Father before in the sense that He created you, but you were a child of wrath before you came to Christ. But the Father had mercy upon you and saved you for Jesus sake. He has taken pity upon you and has lifted you up out of the mire of sin. Since He has saved you, He will continue to show you mercy for Christ's sake and pity you as a father pities His children. He will love you and care for you and provide for you in every way to get through this life; lavishing His spiritual blessings upon you. He knows your weaknesses and that you still cannot keep His commandments perfectly. But He has put the fear of Himself and the love of

Himself within your heart. He remembers that you are dust, and yet in your weakness He will make you strong in grace.

And then finally - In verses 15-18 we find the awful shortness of man's life contrasted with the wonderful unending length of God's blessings upon those who are true believers.

“As for man, his days are like grass; as a flower of the field, and etc.” How short life really is. When you are young, the days seem long, and a summer is like a year in time; but then you get to be 50, 60, 70, 80, 90, and you wonder where the days and the years all went. You cannot even remember them all clearly. If you know not the Lord, it can be very discouraging to get old, and it may be a very fearful experience not knowing what will happen when you die. But listen dear ones; if you believe in Jesus the mercy of the Lord is from everlasting to everlasting on those who fear Him. And Christ's righteousness will do you and your children and grandchildren good to keep you in the favor and blessings of God all the way through this short life, and into eternity where we all are heading. For the person who fears God, loves God, and blesses God for all the blessings of salvation in Jesus Christ, there is nothing to fear. God is waiting with outstretched arms saying, Come my children; inherit the kingdom which has been prepared for you from the foundation of the world. The proof that you should be welcomed into heaven is that you remember His commandments to do them. You know that you are not saved by keeping them; you are saved by Christ, but your faith in God and Christ will go about to do them. Faith without work is dead. “But blessed are the dead who die in the Lord from this time forward,” it says in Revelation 14: 13, for they rest from their labors, and their works do follow them.” Bless the Lord, O my soul, and forget none of His benefits. You will have all of eternity to praise and bless God and it will be none too much.