

Sunday Night Message

October 11, 2015

Psalm 103 – Bless the Lord

Series – The Psalms

Text – Psalm 103

Introduction

The phrase “bless the Lord” is found in the psalms 14 times in this particular psalm 5 times. The word “bless” (*barak*) is an interesting word. It can mean praise or worship when it is directed toward God. It literally means to kneel. However, when it is directed from God toward us it means to be a source of blessing by way of His provision of something or perhaps by His protection.

This psalm begins and ends with the commandment to “bless the Lord”.

Similar verses:

“I will bless the LORD at all times: his praise shall continually be in my mouth.” (Psalm 34:1)

It is difficult to praise the Lord continually and “at all times, but perhaps that is the secret to a truly happy and contented life – if we immediately begin to praise the Lord when we find ourselves in a painful or difficult situation.

Immediately after Job found out that all of his children were dead and all of his possessions were gone, he:

“Then Job arose, and rent his mantle, and shaved his head, and fell down upon the ground, and worshipped, And said, Naked came I out of my mother’s womb, and naked shall I return thither: the LORD gave, and the LORD hath taken away; blessed be the name of the LORD.”

(Job 1:20-21)

When a trial comes, we need to pray, but before we pray, maybe we should praise – let’s bless the Lord.

“Bless the LORD, O my soul. O LORD my God, thou art very great; thou art clothed with honour and majesty.” (Psalm 104:1)

“Lift up your hands in the sanctuary, and bless the LORD.” (Psalm 134:2)

Why Should We Bless the Lord?

1 Because of His Benefits (vs. 1 – 5)

*"Blessed be the Lord, who daily loadeth us with benefits, even the God of our salvation.
Selah." (Psalm 68:19)*

What are some of God's benefits?

Food

Clothing

Shelter

Family

Eternal Salvation

Friends

Heat, Running Water

2 Because of His Beneficence (vs. 6 – 20)

This has to do with His character as well as His contributions to our lives. Here the emphasis is placed on His mercy. God is merciful.

Bob Hamblen – "better than I deserve"

3 Because of His Benefactors (vs. 21 – 23)

His Workers Praise Him (vs. 21 – 22)

Read all of Psalm 148

Read all of Revelation 4

His Works Praise Him (v. 23)

"And when he was come nigh, even now at the descent of the mount of Olives, the whole multitude of the disciples began to rejoice and praise God with a loud voice for all the mighty works that they had seen; Saying, Blessed be the King that cometh in the name of the Lord: peace in heaven, and glory in the highest. And some of the Pharisees from among the multitude said unto him, Master, rebuke thy disciples. And he answered and said unto them, I tell you that, if these should hold their peace, the stones would immediately cry out." (Luke 19:37-40)