

**PSALM 103: 1-5**

**A CALL  
TO PRAISE THE LORD GOD!**



## Division I

RELEASING PRAISE,  
Psalm 103: 1-2.

## Division II

REMEMBERED BLESSING,  
Psalm 103: 3-5.

**I. RELEASING PRAISE,  
Psalm 103: 1-2.**

***“Praise the Lord, O my soul,  
and all that is within me,  
praise His holy name.”***

***Verse 1***

**I. RELEASING PRAISE,  
Psalm 103: 1-2.**

**Who He is ?**

**What He is ?**

**I. RELEASING PRAISE,  
Psalm 103: 1-2.**

***“Praise the Lord, O my soul, and  
forget none of His benefits.”***

***Verse 2***



## Remember!

Remembering God's help yesterday  
helps us to trust him  
for today and tomorrow

## 2 Reminders

- 1) A Visual Reminder of God's Faithfulness
- 2) A Written Reminder of God's Faithfulness

# 1) A Visual Reminder of God's Faithfulness



## 2) A Written Reminder of God's Faithfulness

"I will utter hidden things, things from of old,"  
the psalmist said, "things we have heard and  
known, things our ancestors have told us"  
([Ps. 78:2-3](#))

- ...to help you remember
- ... to remind you of God's power
- ... to give you trust and confidence in him
- ... to teach you to lean on him

# Remember:



1. When loving adults sheltered, nurtured, protected, and taught you as you were growing up. Who were they?
2. When devastating circumstances shattered your world, and you learned first-hand of people's compassion and generosity. What happened?
3. When a hard-earned lesson left you older and wiser, with the experience you need to sympathize with and guide others. Who have you been able to help?
4. When serious health problems brought you to a heightened appreciation of life. How has your outlook changed for the better?
5. When the loss of a loved one made you realize how important friends and family are to you. What have you said and done to show them how much they mean?
6. When your hopes were dashed, but a new and better opportunity presented itself. Which door closed, and which door opened?
7. When times were tough, but you survived them. How has this given you perspective on the ups and downs of life?
8. When you were in danger, but found a way out. Where was God in this?
9. When you found yourself on the wrong spiritual path, but someone guided you back to the way God would have you go. What did you learn?
10. When you repented, and God brought his peace to your mind and heart. How did this draw you closer to God?

# “A Broken Horn”



# “A Broken Horn”

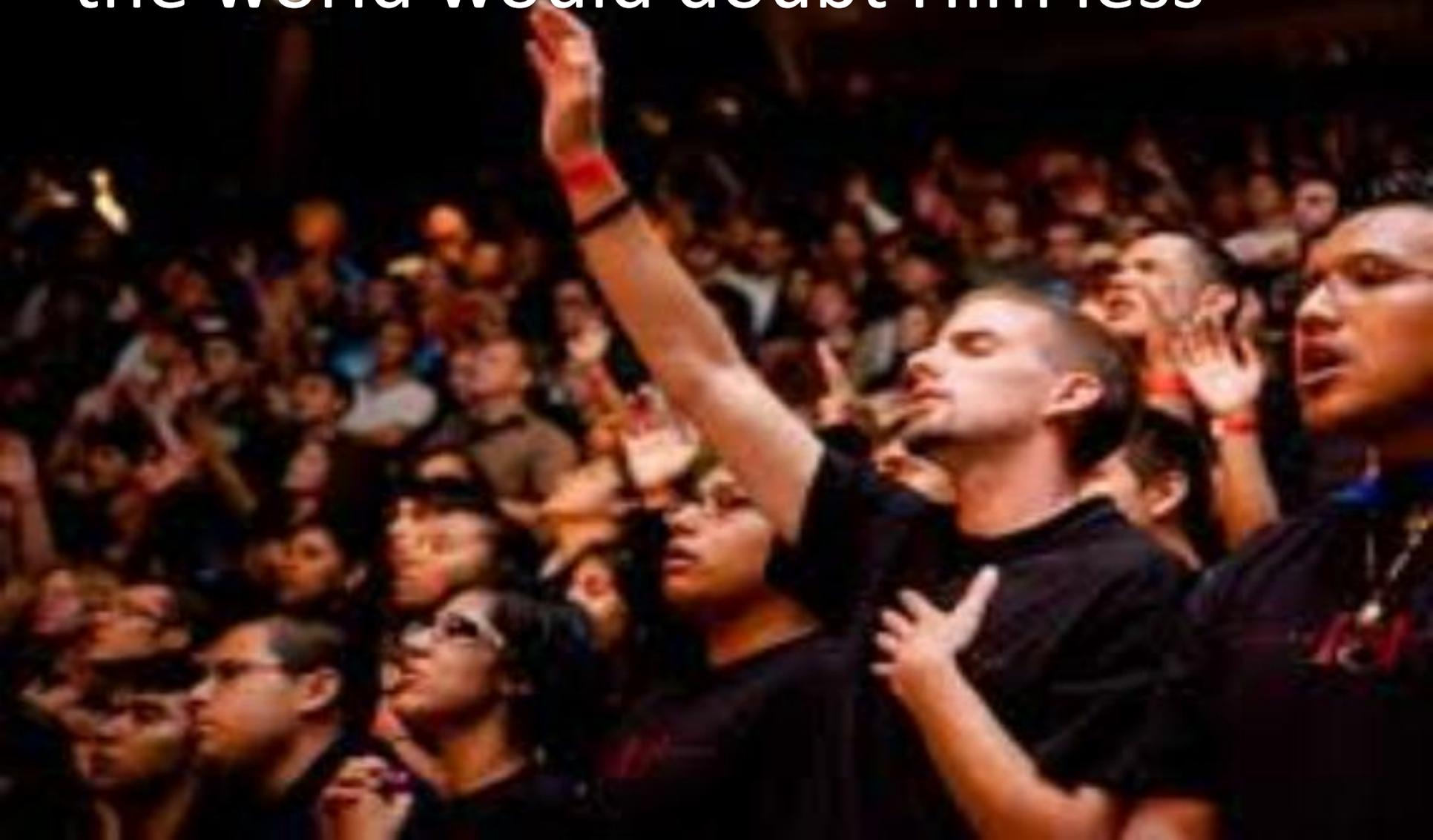


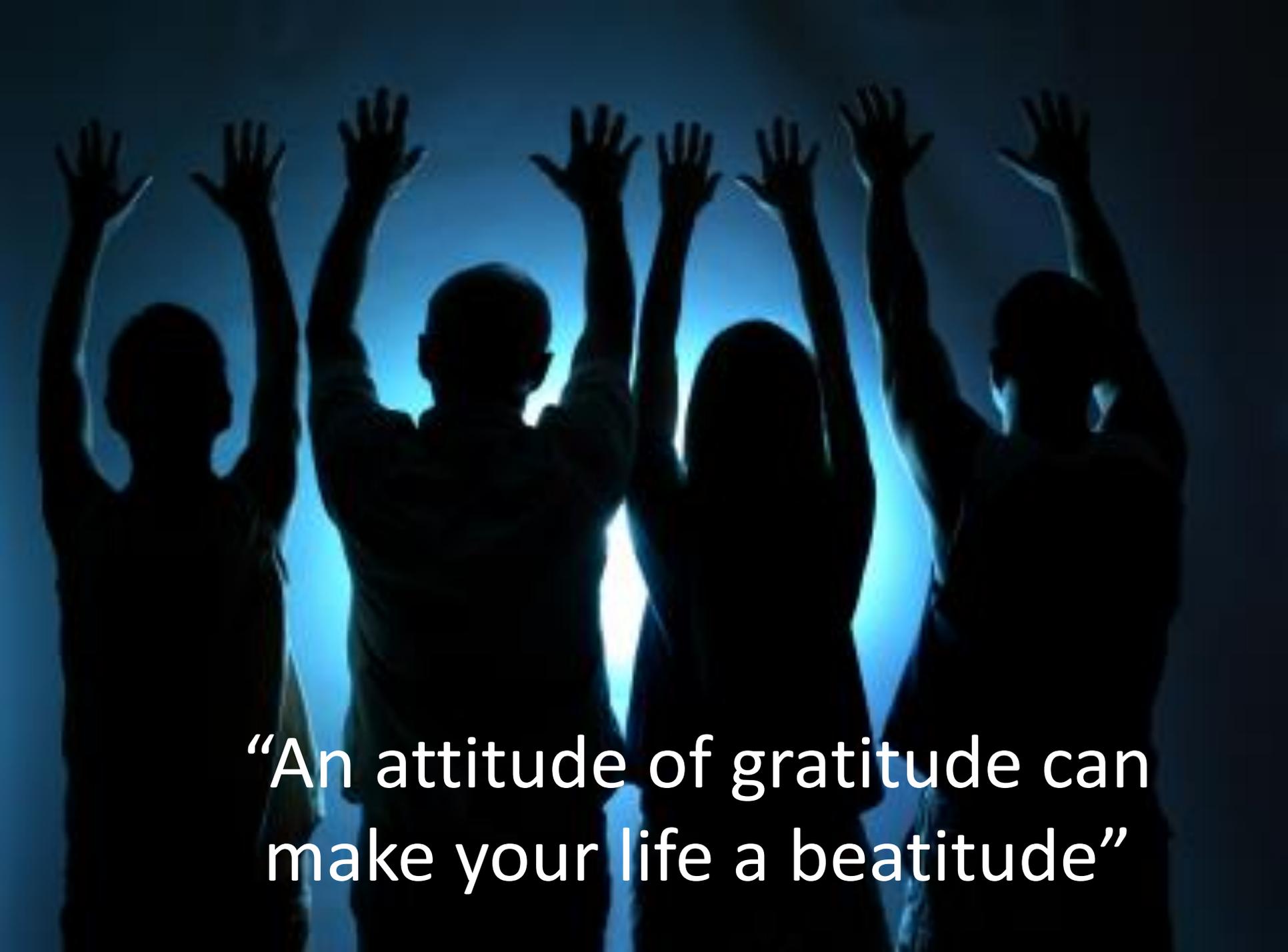
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# Model T



“If Christians praised God more,  
the world would doubt Him less”



The image features the silhouettes of four individuals—two men and two women—standing in a row with their arms raised high. They are set against a dark blue background with a bright, glowing light source behind them, creating a strong backlight effect. The overall mood is one of joy, celebration, or collective achievement.

“An attitude of gratitude can  
make your life a beatitude”

## II. REMEMBERED BLESSING, Psalm 103: 3-5.

*“forgives all your iniquities” (v. 3a).*

*“Who forgives all your iniquities,  
Who heals all your diseases;*

*Verse 3*

## II. REMEMBERED BLESSING, Psalm 103: 3-5.

“Healing is part of the blessing of  
salvation”

***35 Jesus went through all the towns  
and villages, teaching in their  
synagogues, proclaiming the good  
news of the kingdom and healing  
every disease and sickness. (Mt. 9:35).***

## II. REMEMBERED BLESSING, Psalm 103: 3-5.

***“redeems [‘rescues’] your life from  
destruction [literally, ‘the pit’].”***

***Verse 4a***

“I Am the Resurrection and the Life.  
He who believes in Me,  
though he may die, he shall live.  
And whoever lives and believes in  
Me shall never die”  
(John 11:25–26).

## II. REMEMBERED BLESSING, Psalm 103: 3-5.

*“crowns you with loving –kindness  
[‘covenant-love’] and tender mercies  
[‘compassion’].”*

*Verse 4b*

## II. REMEMBERED BLESSING,

Psalm 103: 3-5.

***“satisfies your desires with good things”***

***; that is, physical strength and health are  
pleasurably restored***

***“so that your youth is renewed like the  
eagle’s.”***

***Verse 5***

**“But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.”**

**Isaiah 40:31**



# **In Closing**

- 1) Forgave him (Vs 3)**
- 2) Healed him (Vs 3)**
- 3) Satisfied him (Vs 5)**
- 4) Renewed him (Vs 5)**

**God Bless!**