

Bless The LORD!

KJV Psalm 103:1 <A Psalm of David.> *Bless the LORD, O my soul: and all that is within me, bless his holy name.*

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

David wrote this song as he pondered the **GOODNESS OF GOD!**

David says to **forget not** all His benefits!

- **Forgetting is allowing something to leave the mind!**

What causes things to **leave our minds** are things that happen which **replace** the things we **need to remember!**

If we allow ourselves to be overcome by circumstances, The Goodness of God will leave our minds!

COVID-19 is so overwhelming that people are literally forgetting what life was like before!

- **Forgetting is also losing the power to recall!**

David says **NEVER** loose the power to recall God's goodness!

Sometimes we have to **recall** (say it again) the **good** while experiencing the **bad!**

David says we can keep the goodness of God from leaving our minds by **blessing The LORD!**

He says **Bless The Lord oh my Soul!**

- The Soul consists of the **mind, will & emotions!**

1. We have to purposely employ our minds to Bless The Lord!

Meaning we must **stop** thinking about the bad and think of the Good!

KJV Isaiah 26:3 *Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.*

Total peace belongs to those who are determined to think of the benefits of their relationship with God!

2. We also must employ our will!

We must be **determined** to think of God's goodness!

David says in **Psalm 34:1** *"I will bless The LORD at all times His praise shall continually be in my mouth."*

3. Lastly, we have to employ our emotions we get "stirred up."

Getting emotional about what God has done starts with the mind, what we know about God!

- Since God is **infinite**, He is infinitely good, He's good all the time!
- Since God is **immutable** (never changing), He's always good!
- Since God is **omniscient** (all knowing) He knows how good to be!
- God is **omnipotent** (all powerful) nobody can be better to us!

As we think of His goodness, one thing after another begins coming to mind, and we get **stirred up**.

ESV Psalm 34:1 David said... "I will bless the LORD at all times; his praise shall continually be in my mouth."

2 My soul makes its boast in the LORD; let the afflicted hear and rejoice.

3 O magnify (praise, lift up & talk of His greatness) the LORD with me, and let us exalt his name together.

KJV Psalm 103:2 Bless the LORD, O my soul, and forget not all his benefits:

He forgives all of our sin's past, present and future!

He heals all of our diseases, even ones we don't yet know about!

He rescues our lives from destruction!

He crowns us with His love and compassion!

He satisfies our mouths with good things!

So, our youth, health, vigor and vitality are renewed like the eagle!