

PRAISE

THE LORD, MY SOUL

PSALM 103:1-22 (NIV)

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**As the people of God, having
a deep desire and readiness
to praise God is important.**

INTRODUCTION

**Praising God will nurture
a thankful heart within
us towards God.**

INTRODUCTION



**An attitude of praise towards
God will nurture a few values
in our lives.**



INTRODUCTION

**The reasons we should
praise God for.**

INTRODUCTION

PRAISE

THE LORD, MY SOUL

PSALM 103:1-22 (NIV)



**1 Praise the LORD, my soul;
all my inmost being, praise His holy name.**

**2 Praise the LORD, my soul,
and forget not all His benefits -**

PSALM 103:1-22 (NIV)



3 who forgives all your sins
and heals all your diseases,
4 who redeems your life from the pit
and crowns you with love and compassion,

PSALM 103:1-22 (NIV)



5 who satisfies your desires with good things
so that your youth is renewed like the eagle's.
6 The LORD works righteousness
and justice for all the oppressed.

PSALM 103:1-22 (NIV)



7 He made known His ways to Moses,
His deeds to the people of Israel:
8 The LORD is compassionate and gracious,
slow to anger, abounding in love.

PSALM 103:1-22 (NIV)



9 He will not always accuse,
nor will He harbor his anger forever;
10 He does not treat us as our sins deserve
or repay us according to our iniquities.

PSALM 103:1-22 (NIV)



11 For as high as the heavens are above the earth,
so great is His love for those who fear Him;
12 as far as the east is from the west,
so far has He removed
our transgressions from us.

PSALM 103:1-22 (NIV)



13 As a father has compassion on his children,
so the LORD has compassion on those
who fear Him;
14 for He knows how we are formed,
He remembers that we are dust.

PSALM 103:1-22 (NIV)



15 The life of mortals is like grass,
they flourish like a flower of the field;
16 the wind blows over it and it is gone,
and its place remembers it no more.

PSALM 103:1-22 (NIV)



17 But from everlasting to everlasting
the LORD's love is with those who fear Him,
and His righteousness with their
children's children -

PSALM 103:1-22 (NIV)



18 with those who keep His covenant
and remember to obey His precepts.
19 The LORD has established His throne in
heaven, and His kingdom rules over all.

PSALM 103:1-22 (NIV)



**20 Praise the LORD, you his angels,
you mighty ones who do His bidding,
who obey His word.**

PSALM 103:1-22 (NIV)



21 Praise the LORD, all His heavenly hosts,
you His servants who do His will.

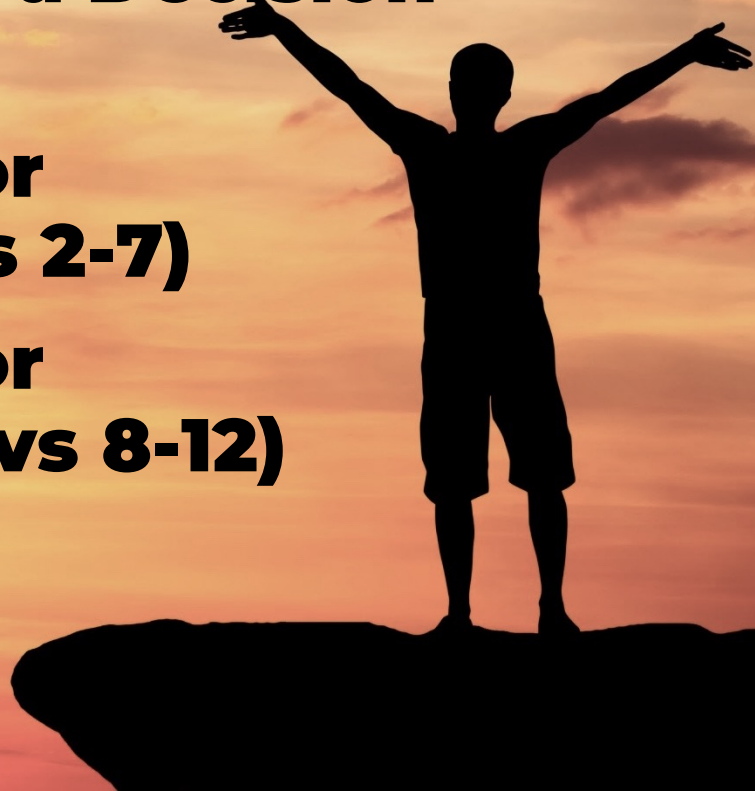
22 Praise the LORD, all His works
everywhere in His dominion.
Praise the LORD, my soul.

PSALM 103:1-22 (NIV)



Road Map

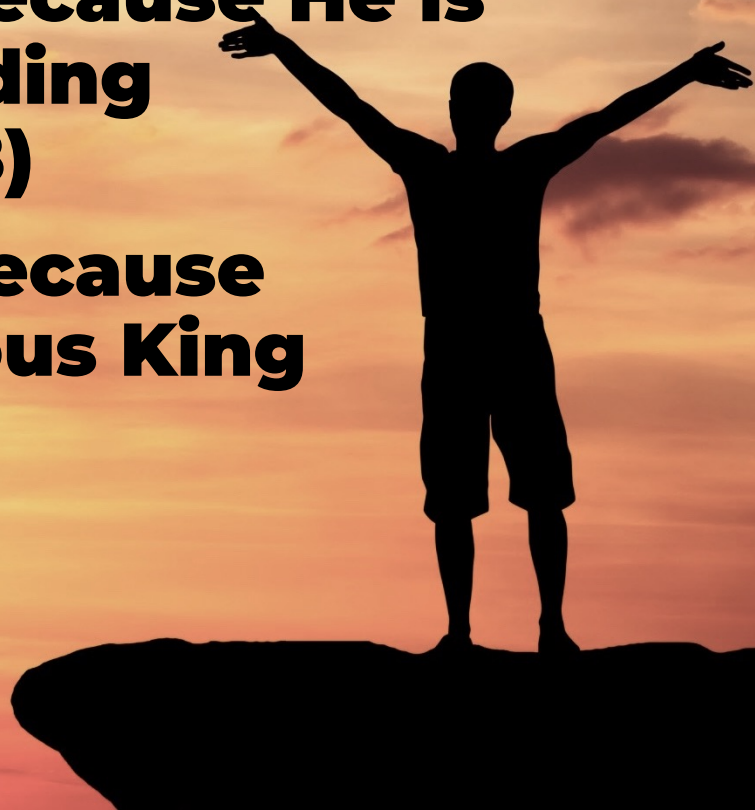
- 1. Praising God is a Decision
(vs 1)**
- 2. Praising God for
His Benefits (vs 2-7)**
- 3. Praising God for
His Character (vs 8-12)**



Road Map

**4. Praising God because He is
our Understanding
Father (vs 13-18)**

**5. Praising God because
He is the glorious King
(vs 19-22)**



1. Praising God is a Decision (vs 1)



Verse 1

**Praise the Lord, my soul; all my inmost being,
praise His holy name**

- **This is more than a declaration; it is an instruction to self.**

A silhouette of a person with their arms raised in a gesture of praise or worship, set against a vibrant sunset sky with the sun low on the horizon. The person's arms are spread wide, and their hands are open, palms facing forward. The sky is a mix of orange, yellow, and blue, with some clouds visible.

1. Praising God is a Decision (vs 1)

Verse 1

**Praise the Lord, my soul; all my inmost being,
praise His holy name**

- **“nephesh” refers to:**

- **inner life**
- **emotions**
- **will**

1. Praising God is a Decision (vs 1)



Verse 1

**Praise the Lord, my soul; all my inmost being,
praise His holy name**

- **Therefore, in this instruction to self, David was instructing himself to praise God with all of his emotions and will.**

1. Praising God is a Decision (vs 1)

Verse 1

**Praise the Lord, my soul; all my inmost being,
praise His holy name**

- **He was instructing his inner self to praise God with his emotions.**
- **The soul also refers to our will.**

A silhouette of a person with their arms raised in a gesture of praise or worship, set against a vibrant sunset sky with orange and yellow clouds. The person's head is tilted back, and their arms are spread wide to the sides.

1. Praising God is a Decision (vs 1)

Verse 1

**Praise the Lord, my soul; all my inmost being,
praise His holy name**

- It is not realistic to expect that we are always ready for spontaneous praise, but instructing the soul to praise the Lord can also refer to the exercising of our will to praise God.**

1. Praising God is a Decision (vs 1)

Verse 1

**Praise the Lord, my soul; all my inmost being,
praise His holy name**

- **Praising God is a decision.**
- **“nephesh”:**
 - **the whole living person or life**

1. Praising God is a Decision (vs 1)

A vibrant sunset scene with a bright sun low on the horizon, casting long, golden rays across a sky filled with scattered clouds. The colors transition from deep blue at the top to warm orange and yellow near the horizon. The overall mood is peaceful and inspiring.

2.

Praising God for His Benefits
(vs 2-7)

Verse 2

Praise the Lord, my soul, and forget not all **His benefits**

- **We praise God not to pursue God's benefits, but receiving His benefits should evoke praise from us towards Him.**

2. Praising God for His Benefits (vs 2-7)

Verse 2

Praise the Lord, my soul, and forget not all **His benefits**

a) He Forgives all our Sins (vs 3a)

- **God did not just forgive our sinful past; God has rescued us from eternal damnation, given us the opportunity of a fulfilling life for God on earth, and given us the hope of a glorious eternal future in heaven.**

2. Praising God for His Benefits (vs 2-7)

a) He Forgives all our Sins (vs 3a)

- **In the listing of all these benefits, David used the present tense instead of the past tense.**

2. Praising God for His Benefits (vs 2-7)

b) He Heals all our Diseases

- **Vs 3b: He heals all your diseases.**

2. Praising God for His Benefits (vs 2-7)

c) He Redeems our Lives from the Pit (vs 4a)

- **Redeems your life from destruction
(NKJV)**

2. Praising God for His Benefits (vs 2-7)

c) He Redeems our Lives from the Pit (vs 4a)

- **Some of our lives here on earth were indeed headed towards destruction if not for God's intervention.**

2. Praising God for His Benefits (vs 2-7)

c) He Redeems our Lives from the Pit (vs 4a)

- **When we remember how the Lord rescued us from destruction, it ought to evoke praise from us.**

2. Praising God for His Benefits (vs 2-7)

d) He crowns us with Love and Compassion (vs 4b)

- **Vs 2-4 speak about the redemption.**

2. Praising God for His Benefits (vs 2-7)

d) He crowns us with Love and Compassion (vs 4b)

- **David was reminding us that we need to remember the redemptive work of God, and when we do so, it must evoke praise within us.**

2. Praising God for His Benefits (vs 2-7)

d) He crowns us with Love and Compassion (vs 4b)

- **Crown you with compassion and love (vs 4b)**

2. Praising God for His Benefits (vs 2-7)

d) He crowns us with Love and Compassion (vs 4b)

- **We have been redeemed from slavery to royalty.**

2. Praising God for His Benefits (vs 2-7)

e) He Satisfies Our Desires with Good Things (vs 5)

- **God satisfies our desires with good things so that our youth is renewed.**

2. Praising God for His Benefits (vs 2-7)

5 who satisfies your **mouth** with
good things, so that your youth is
renewed like the eagle's.

PSALM 103:5 (NKJV)



5 Who satisfies your mouth [your necessity and desire at your personal age and situation] with good so that your youth, renewed, is like the eagle's [strong, overcoming, soaring]!

PSALM 103:5 (AMPC)



e) He Satisfies Our Desires with Good Things (vs 5)

- **We can grow older in age, but our vitality can be renewed.**

2. Praising God for His Benefits (vs 2-7)

e) He Satisfies Our Desires with Good Things (vs 5)

- **Praise helps us catch the wind of the Holy Spirit, and we can be revitalised when we do so.**

2. Praising God for His Benefits (vs 2-7)

f) He Executes Righteousness and Justice (vs 6)

- **Vs 6: The Lord executes righteousness and justice for all who are oppressed.**

2. Praising God for His Benefits (vs 2-7)

g) He leads us (vs 7)

- **Vs 7: He made known His ways to Moses, His deeds to the people of Israel.**

2. Praising God for His Benefits (vs 2-7)

g) He leads us (vs 7)

Question 1:

What if we did not enjoy many of these benefits?

2. Praising God for His Benefits (vs 2-7)

g) He leads us (vs 7)

Question 2:

What if I, or my loved ones, were sick or in situations that required miraculous intervention but we did not receive it?

2. Praising God for His Benefits (vs 2-7)

g) He leads us (vs 7)

- **Are these reasons not to praise God or even to resent God?**

2. Praising God for His Benefits (vs 2-7)

g) He leads us (vs 7)

Scriptures	Segment	What an Attitude of Praise Nurture?
Ps 103:2-7	Praise God for His Benefits	Gratitude towards God

2. Praising God for His Benefits (vs 2-7)

g) He leads us (vs 7)

- **Praise births and nurtures the value of gratitude towards God.**

2. Praising God for His Benefits (vs 2-7)

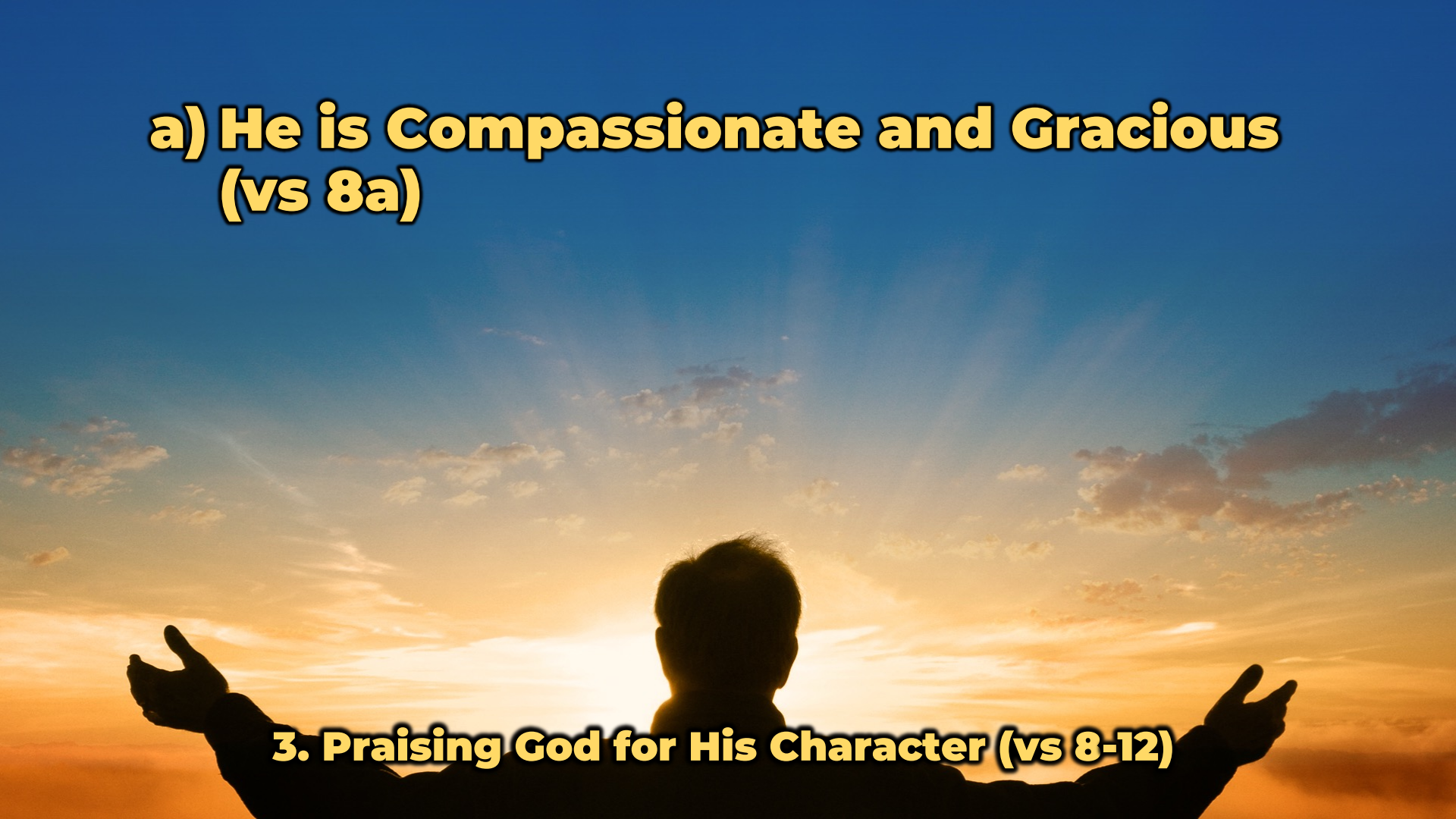
3.

Praising God for His Character

(vs 8-12)



**a) He is Compassionate and Gracious
(vs 8a)**

A silhouette of a person with their arms raised in a gesture of praise or worship, set against a vibrant sunset sky with scattered clouds. The sun is low on the horizon, creating a bright glow and long, soft rays of light that fill the sky with warm orange and yellow tones. The person's head and shoulders are visible, and their arms are extended outwards, palms facing up.

3. Praising God for His Character (vs 8-12)

b) He is Slow to Anger (vs 8b & 9b)

- **He is patient for people to repent.**
- **This is because our God is slow to anger.**

3. Praising God for His Character (vs 8-12)



b) He is Slow to Anger (vs 8b & 9b)

- **Vs 9b: God will not harbour His anger forever.**
- **Vs 10: God does not treat us as our sins deserve or repay us according to our iniquities.**

3. Praising God for His Character (vs 8-12)



A silhouette of a person with their arms raised in a gesture of praise or worship, set against a vibrant sunset sky with scattered clouds. The sun is low on the horizon, creating a warm, golden glow.

b) He is Slow to Anger (vs 8b & 9b)

- **Justice and being slow to anger is not mutually exclusive.**

3. Praising God for His Character (vs 8-12)

c) He is Abounding in Love (vs 8b & 11)

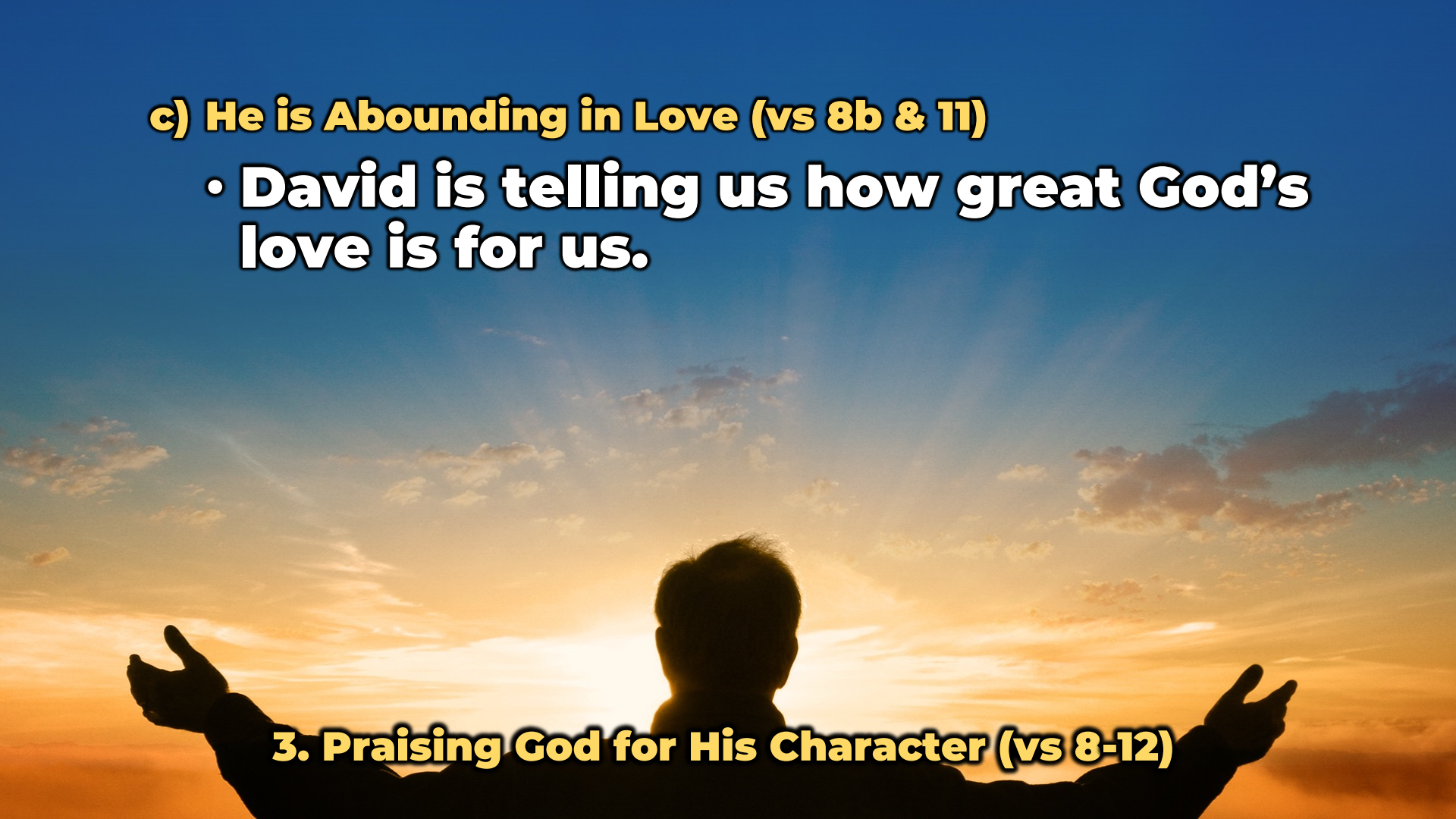
- **Vs 11: For as high as the heavens are above the earth, so great is His love for those who fear Him.**

3. Praising God for His Character (vs 8-12)



c) He is Abounding in Love (vs 8b & 11)

- **David is telling us how great God's love is for us.**

A silhouette of a person with their arms raised in praise, set against a vibrant sunset sky with scattered clouds. The sun is low on the horizon, creating a warm, golden glow.

3. Praising God for His Character (vs 8-12)

d) He Forgives our Sins (vs 12)

- **Vs 12: As far as the east is from the west, so far had He removed our transgressions from us.**

3. Praising God for His Character (vs 8-12)



d) He Forgives our Sins (vs 12)

Scriptures	Segment	What an Attitude of Praise Nurture?
Ps 103:8-12	Praise God for His Character	Confidence in God



3. Praising God for His Character (vs 8-12)

The background of the entire slide is a photograph of a person's silhouette from behind, with their arms raised in a gesture of praise or worship. They are standing against a bright sunset or sunrise sky, with the sun low on the horizon, creating a strong backlight effect. The sky is filled with soft, wispy clouds in shades of orange, yellow, and blue.

d) He Forgives our Sins (vs 12)

- **We will grow in our trust in a God who is able and willing to protect us and lead us.**

3. Praising God for His Character (vs 8-12)

4.

**Praising God because He is
our Understanding Father
(vs 13-18)**

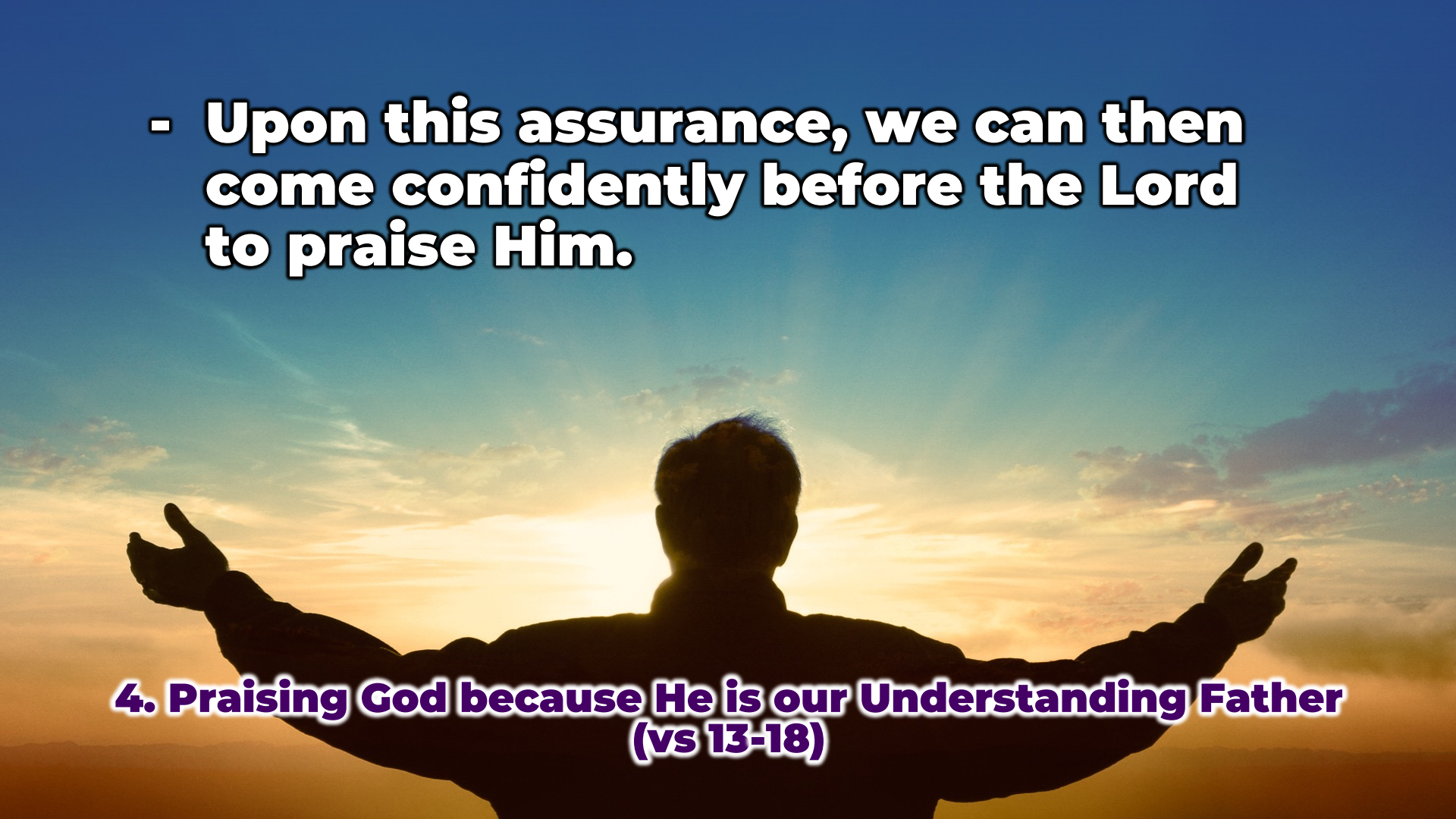


- He knows our limitations

Scriptures	Segment	What an Attitude of Praise Nurture?
Ps 103:13-18	Praise God because He is our Understanding Father	Assurance of God's Care

**4. Praising God because He is our Understanding Father
(vs 13-18)**

- **Upon this assurance, we can then come confidently before the Lord to praise Him.**

A silhouette of a person with their arms outstretched, standing against a bright sunset sky. The sun is low on the horizon, creating a warm, golden glow. The person's arms are spread wide, and their hands are open, palms facing forward. The sky is filled with soft, wispy clouds, and the overall atmosphere is one of peace and praise.

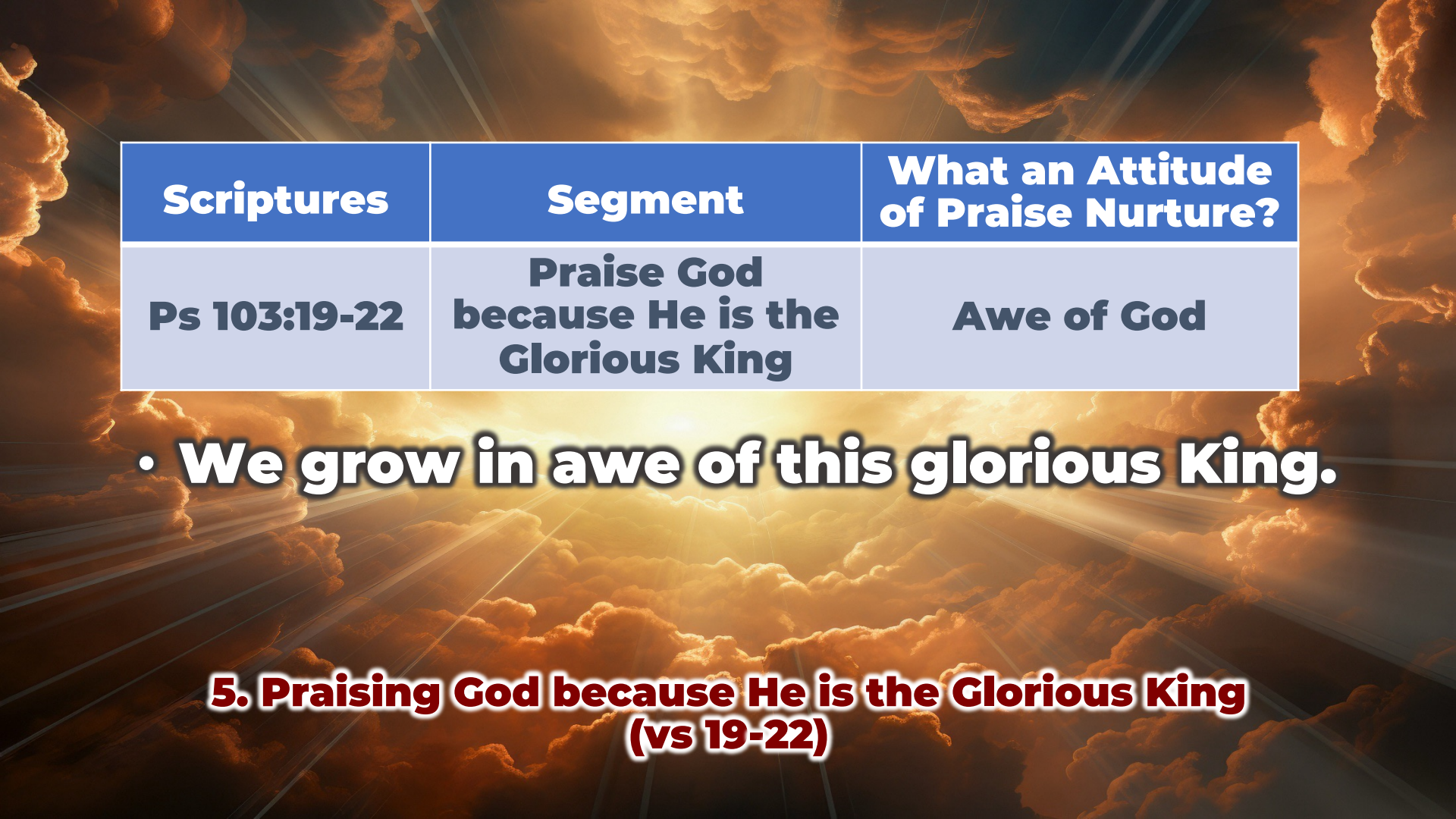
**4. Praising God because He is our Understanding Father
(vs 13-18)**

The background of the image is a vibrant, golden-hued sky filled with large, billowing clouds. Numerous bright sunbeams radiate from the center, creating a sense of divine light and glory. The overall atmosphere is one of awe and majesty.

5.
Praising God because
He is the Glorious King
(vs 19-22)

- 
- **Vs 19: The Lord has established His throne in heaven, and His kingdom rules over all.**
 - **God is our Loving Father, but we must never forget that God is the glorious King.**

**5. Praising God because He is the Glorious King
(vs 19-22)**



Scriptures	Segment	What an Attitude of Praise Nurture?
Ps 103:19-22	Praise God because He is the Glorious King	Awe of God

• **We grow in awe of this glorious King.**

**5. Praising God because He is the Glorious King
(vs 19-22)**

CONCLUSION

