

Theological Focus: All creation should bless God because He is worthy.
Sermon Focus: That TBF would bless/praise God because He is worthy.
Key Question: Do you think God is worthy?
Application: Praise God!

INTRODUCTION:

1. [Image] Today we are starting a new sermon series in the book of Psalms. For the month of July, we are going to look at the Psalms of blessing. We will look at five Psalms that talk about different kinds of people who are blessed by God. But we want to begin this morning by looking upward. Before we look at how God blesses us I want us to examine why we should bless God. Every single week Christians all around the globe in every tribe and tongue gather in order to bless God. We do this by singing His praises, celebrating communion, preaching, and more.
2. [Need] But the problem is that this could become so routine that we forget why we gather. We can start to get distracted. We can start to think that Sunday is all about us. We come not to bless God, but to be blessed ourselves. So this morning we will go back to the fundamentals. I don't want you to forget why we are here in the first place.
3. [Subject] I am going to remind you of 4 reasons why God is worthy of your praise and blessing. I'll remind you why you should be loudly singing and worshipping. And if you are here this morning and you aren't a Christian. Or maybe you think this whole weekly gathering thing to sing songs is strange. Well, I can't wait to tell you why we think God is so awesome and worthy of being blessed by us.
4. [Text] Psalms 103
5. [Preview] 4 Reasons to bless God
6. [Pray]

The first reason that you should bless God is this: **Bless God for His gracious benefits. Bless God for His gracious benefits.**

We should bless God because of all of the benefits and blessings that He bestows on us.

We will talk about these blessings and benefits in a moment, but let us begin with verse 1. **"Bless the LORD, O my soul, and all that is within me, bless His holy name."**

This is the heart of the Psalm in the first verse. David is telling himself that He should be blessing and praising God.

It is a reminder that everything within him should bless God.

If this is true of King David, then it is true of us as well.

In verse 2 he repeats **"Bless the LORD, O my soul, and forget not all his benefits."**

David is reminding himself of all of the benefits and blessings of God.

Why does he need reminding?

Because he forgets.

And we forget as well. We so easily forget all that God has done for us.

We forget because we are in pain and suffering.

It's hard to remember the blessings of God when you are sick and huddled over a toilet.

It's hard to remember when you are at the grave of a loved one.

It can be hard to remember.

So David then goes through a number of benefits to remind us.

Verse 3 reminds us that the LORD is **"who forgives all your iniquity."**

The greatest benefit of God is that He forgives all of our sins.

Our sin drove a wedge between us and God.

He got Adam and Eve kicked out of the garden.

Our sin makes us unable to be in the presence of God without dying.

The just punishment for our sin is eternal death and eternal punishment.

BUT God **"forgives all your iniquity."**

All of it.

He does not just forgive a little bit.

He does not just forgive you sins you committed before you got saved or baptized.

He does not just forgive the easy sins that aren't too bad.

He does not just forgive your past sins and now you gotta do better.

He **"forgives all your iniquity."**

Every last one.

At the cross when Christ died he shouted out **"it is finished."**

He declared in that moment that all your sins were forgiven.

Everything that brings you shame.

The sins you wish others would forget.

The sins you would rather forget.

Jesus **"forgives all your iniquity."**

That is a reason to praise Him.

Verse 2 continues God is **"who heals all your diseases."**

We are reminded that we serve a God who can heal disease.

One of the things Jesus did when He came was healing the sick.

He healed the leper, the blind, the cripple, and the lame.

And sometimes our God still heals today.

I have seen it with my own eyes.

I watched God heal a broken bone in a friend's foot in a smelly basement.

Last year the doctors told us that our youngest had Leukemia, but when we got the OKC it was gone.

I don't think it was a mistake, I think God healed him.

But God does not always heal.

Some will lie to you and say that if you have enough faith then you can be healed right now.

They are wrong.

There are plenty of times we pray for healing and God doesn't answer.

I will not pretend to know the reasons why God healed my son, but others died. I simply don't know.

But I do know that our God has power over all diseases.

And I know that one day He will heal every disease.
When Jesus returns sickness will be no more.
Cancer will be defeated.
COVID will be an ancient memory along with every disease.
Death itself will be no more.

But we need to remember the way that Hebrew poetry works.
The Psalms are poetry, not a theological textbook.
It teaches truth through beauty, not through a rhetorical argument.
And one of the main ways Hebrew poetry works is through parallelism.
The two lines play off of each other.
They may have parallel or similar ideas.
Or they may expand on the idea,
Or contrast the idea.
So you can't read this verse on its own you need the parallel.

"Who forgives all your iniquity"

"Who heals all your diseases."

These two ideas are tied together.
The spiritual and physical disease.
God has power over both.
And one day when Christ returns they will be no more.

Verse 4 has more benefits God is **"who redeems your life from the pit."**

The pit is usually a metaphor for death and the grave.
One of the benefits of God is that He delivers us from eternal death.
This is about salvation and our hope of the resurrection.

At the empty tomb, Jesus defeated the power of death.
He brought redemption and deliverance from the pit.
The wages of sin are death, but the gift of God is eternal life.

And after bringing us out of the pit of death **"who crowns you with
steadfast love and mercy."**

This is a picture of salvation.
God delivered us from death and gives us eternal life.
He gives us His love and mercy.

Verse 5 gives us another benefit, true satisfaction **"who satisfies you with good so that your youth is renewed like the eagles."**

God satisfies our hearts with what is good and what we need.

I love to eat junk food and eat out at restaurants.
I would do it almost every meal if I could.
But the problem is after a couple days my body rejects it.
It tastes good, but it is not what my body was made for.

God is what your body and soul were meant to consume.
He is the only thing that can truly satisfy.

This passage is what Isaiah remembered and quoted in Isaiah 40:31
"those who wait on the LORD will renew their strength and soar on the wings like eagles."

God can satisfy you with what is good.
He renews us because He is what we were made to enjoy forever.

A question we should ask ourselves is do you praise God for all that He has done for you? Not just recently, but over your whole life?
If you have experienced these benefits, then you should praise Him!

You shouldn't come Sunday unsure if you will sing and praise God.
You shouldn't wait to hear the songs picked to see if you like you.
You should come ready because you realize He has given you the forgiveness of sins, salvation, love, mercy, and fulfilled your deepest longings.

That's the first reason, but the second reason is **Bless God for His gracious justice. Bless God for His gracious justice.**

Too often we pit these against each other.
We either see God as only gracious or only just.
But God is both. His justice is filled with grace
His grace is filled with justice.
And both of them are never-ending.

Let's walk through verses 6-12 to see what they teach us about God
Verse 6 says, **"The LORD works righteousness and justice for all who are oppressed."**

Our God is perfectly righteous and just.
And everything He does is righteous and just.
But He does not just do justice on behalf of the strong.
Instead, He is the God of the weak, the poor, and the sinner.
And He brings justice for those who are oppressed and mistreated.

Verse 7 reminds us of an instance of God's justice. **"He made known His ways to Moses, His acts to the people of Israel."**

Through the Exodus, God brought justice to the oppressed.
He set the Israelite slaves free from the oppression of Egyptian masters.
And God brought the terrible plagues on Egypt.
The plagues of blood, frogs, gnats, flies, locusts, boils, darkness, and death
He did so as an act of justice.
Pharaoh drowned infants in the Nile
and so he and his army were drowned in the Red Sea.

We may be tempted to see these as extreme.
Some would tell you that God, especially in the Old Testament is cruel.
But this is because we do not understand justice and grace.
Pharaoh and the Egyptians didn't like it, but the slaves knew it was just.

Verse 8 **"The LORD is merciful and gracious, slow to anger and abounding in steadfast love."**

We serve a God of mercy and grace.

His anger is slow.

He never loses His temper and raises His voice.

He gave the Egyptians hundreds of years to repent before the plagues.

He gave them a chance after every single plague to repent.

His justice is slow.

He is so slow that it causes us to doubt that He is just at all.

I am sure some of those slaves wondered if God would ever bring justice.

He will, but slowly.

He waits not because He lacks power, but because He abounds in love.

Verse 9 **"He will not always chide, nor will He keep his anger forever."**

Our God does not just punish.

His only role in the universe is not to give out justice and punishment.

And while He has been angry at the unrighteousness and injustice in the world, He will not be angry forever.

Verse 10 **"He does not deal with us according to our sins, nor repay us according to our iniquities."**

What we do not realize is that God never gives us what we deserve.

The only thing any of us deserve is death and hell.

Growing up whenever I said "That's not fair!" My father would respond

"The only thing that's fair is you in hell right now."

That seems extreme to us only because we have crooked scales of justice.

But God's justice is gracious.

He does not give us what we deserve.

He does not repay us what we should be owed.

Instead, He repays us with love that we do not deserve.

Verse 11 **"For as high as the heavens are above the earth, so great is His steadfast love towards those who fear Him."**

His love is higher than the heavens.
His love is steadfast and unchanging.
It does not fade over the years.
It does change or lessen as you become a different person.
His love is steadfast.

Verse 12 **"as far as the east is from the west, so far does he remove our transgressions from us."**

This is one of the most beautiful and poetic statements in the Bible.
Through the forgiveness of Jesus, your sin is long gone.
It is as far from you as it possibly could be.
You are no longer guilty, but forgiven.
Those who put their faith in the risen Lord are no longer sinners, but saints.
"As far as the east is from the west."
Your sins were killed at Calvary and buried in the tomb,
while you are raised up to the heavens.

We should bless and praise God for his gracious justice.
He is just to punish evil, but He is gracious in how often He forgives it.
Or simply how long He delays the punishment that is deserved.

There is no better demonstration of God's gracious justice than the cross.
At the cross, God's grace and justice collided on the body of Jesus.
Justice says that the penalty of sin is death.
Grace was Jesus dying on our behalf.
Justice says sin must be atoned for.
Grace was Christ atoning for our sins Himself.
Justice says only the righteous can obtain eternal life
Grace was that Jesus' righteousness has obtained it for us.

That is worthy of praise.
We should be praising and blessing His name daily for His gracious justice.

[transition] We should bless God for His gracious justice.

The third reason we should bless God is **Bless God for His gracious love.**
Bless God for His gracious love.

The love of God is greater than you can imagine.
It is sweeter than you can taste.
It is more beautiful than your eyes can see.

Verse 13 **"As a father shows compassion to His children, so the LORD shows compassion to those who fear Him."**

God is a compassionate Father.
Some of you did not have good fathers.
Some of you had no fathers.
Some of you had downright evil fathers.
Some of you had fathers who left, or who were taken too soon
But God is a good father who is always here.
He shows you compassion.
The kind of compassion a father should show His children.

And all who have put their faith in Jesus have been adopted as His children.
And those children are shown gracious justice.
When God looks at you He looks with compassion and love.
He sees you as His child and He loves you.

Why does God show compassion?

Verse 14 **"For He knows our frame, He remembers that we are dust."**

God remembers that man was made from dirt and dust.
He knows and understands our limitations.
We can only be in one place.
We can only be in one time unlike God.
Our minds are limited and as we age they begin to fade.
Our bodies are weak and often betray us or break down.
Our own hearts get so infected by sin that we don't often do what we know that we should.

But God loves us anyway.

Some of you might not like your frames.

You may wonder if God truly loves you.

Maybe He puts up with you, but He really does not like you that much.

Beloved, you are loved by God.

He knows all of your weaknesses and shortcomings.

He knows the worst parts of you.

He knows the terrible truth of you.

And yet He looks at you with love.

He loves to hear you laugh.

He delights in your smile.

His love for you is never-ending.

Verses 15-16 speak about how much of humanity just fades with time.

"As for man, his days are like grass; he flourishes like a flower of the field; for the wind passes over it, and it is gone, and its place knows it no more."

We die and fade away.

In the grand scheme of eternity, our lives are painfully short.

The majority of humanity has passed on without much of a trace.

We simply die and fade away into the lost annals of history where people debate if we even lived at all.

And our loves don't last much longer than our days.

You can probably all remember the first time your heart burst with love.

You felt so overwhelmed and like you could burst.

You thought this must be the love of your life even though you were 6.

Maybe when you felt heartbroken you wondered if you could ever learn to love again.

Notwithstanding childhood loves, our older love often fades.

You can watch in marriage how someone you once loved, or who claimed to love you no longer did.
Or the love you had for a friend simply faded over time.

God's love is not like ours. His love never ends.

Verse 17 **"But the steadfast love of the LORD is from everlasting to everlasting on those who fear Him, and His righteousness to Children's children."**

His love is steadfast.

It is an anchor that holds fast in the storms of life.

It does not fade, or wane with age.

It does not burn bright in the beginning and then get bored.

He does not fall out of love.

"the steadfast love of the LORD is from everlasting to everlasting."

God's love for you existed before time began and will continue into all eternity.

It does not end.

It will never go away.

And you cannot lose His love.

Your disobedience can't make Him turn His back on you.

You cannot make Him ashamed of you.

His love is never-ending.

And this love is available to everyone, but only experienced by those who receive it.

David has repeated this phrase **"on those who fear Him."**

These are those who have put their faith in God.

Those who truly acknowledge the might and awesomeness of God.

Those who live as if God is actually their God.

And God's righteousness and love will not run out.

This is why David says **"and His righteousness to children's children."**

Throughout every generation God's love is steadfast.

It was not just for David, Moses, and Abraham.

It is for you.

And God's love and grace will still be here for the next generation.

After all of us in this room are dead and forgotten God's love will still be here for those who worship Him after us.

Verse 18 **"to those who keep His covenant and remember to do His commandments."**

We demonstrate that we have received the love of God by doing what He asks.

We demonstrate that we love God by acting like it.

And we act like those who love God by being obedient.

The reality is that there are plenty of people who call themselves Christians
Plenty who claim the name of Jesus.

Who would loudly tell others that they love God.

But who don't

Who might have prayed the sinner's prayer, but they never gave their lives
to Jesus.

Who might have been dunked in water, but never truly baptized.

They are like the husband who loudly tells people he loves his wife.

But he never listens to her when she talks.

He never does what she asks.

He never makes time for her in his life.

But he tells people that he loves her.

That is not love.

Similarly, if you love God, then you obey Him because you want to!

We do not obey because we want to earn salvation.

We obey because Christ has made us a new creation.

We cannot help but act out our love.

And a great way to act out this love for God is to praise Him.
To sing loudly and yell about the love of God!
To proclaim and bless God for His love.

[transition] We should praise God because of His never-ending love for us.
Now we come to our final reason to praise God.

We should **Bless God for His gracious rule. Bless God for His gracious rule.**

God rules as the King of the Cosmos.
God is the king of kings.
He deserves praise and blessing because He is in charge.

Verse 19 **"The LORD has established His throne in the heavens, and His kingdom rules over all."**

God's throne is not in a capital building.
It is not in Washington D.C.
It is not in the temple in Jerusalem.
It is in heaven far above all his creation.

Did you notice how far His rule goes?
Where are the borders of His kingdom?
Every stream and field belongs to Him.
Every sea is His.
Every mountain is His.
Every nation is under His jurisdiction.
Every continent bears His banner.
Every planet in the cosmos
Each comet, asteroid, black hole, and star are His
Every galaxy here and those far far away
However far this universe expands, God rules over every inch and atom
However many universes there are, God is the king of them all.

There is no multi-verse that He does not rule
There is nowhere in all of existence where God does not rule.
He is the King.
This is part of why I love referring to God as King of the Comsos.
Because all of creation is God's.
Not just on this planet, but everywhere there is something it is Gods.

And we should bless and praise Him because He is worthy.
Not just us as humanity, but all creation should bless God.

Verse 20 **"Bless the LORD, O you His angels, you mighty ones who do His word, obeying the voice of His word!"**

The angels are included in this command.
The angels themselves should praise and bless God.

Angels are incredible beings.
They have captured humanity's imagination from the beginning.
They are so incredible that people always wanted to worship them when they appeared.
Because they seemed like beings worthy of worship.
But they are not meant to be worshiped, but to worship our God.

These mighty ones who obey God at every instance are commanded to praise God.
Their true king.

Verse 21 continues **"Bless the LORD, all His hosts, His ministers who do His will!"**

His "hosts" include God's heavenly armies and all His heavenly creatures.
The massive army that God will bring out in the end of the world.
The legions of angels that Jesus commanded.
They should bless the LORD.

That host includes all of the heavenly creatures.
The seraphim that the prophet Isaiah saw in Isaiah 6.
Beings with six wings that covered their faces and feet
Beings whose voices shook the room like an earth quake.
They should keep blessing God by saying **"holy holy holy is the LORD
God almighty, the whole world is filled with His glory."**

The heavenly creatures like The Cherubim that Ezekiel saw in Ezekiel 1
Humanlike creatures with four wings and four faces.
Their faces are like a humans, a lion, an ox, and an eagle
Creatures that moved as fast as lightning.

Or the heavenly creatures that John sees in Revelation 4
The look like a human, lion, ox, and eagle
But with six wings and eyes all over their bodies

All of these creatures would terrify us if we saw them.
Or we would want to worship them as if they were gods
And there could even be other heavenly creatures that we have not seen
Other creatures God made that He has not revealed yet.
But all of those heavenly hosts should Bless God.
Because He is the king.

Verse 22 **"Bless the Lord all his works, in all places of His dominion."**
Not just the heavenly creatures, but all creation should bless God.
We are all a part of His work.
He made the heavens and the earth.
He made mankind from dust that He breathed in.
He fashioned woman out of a rib.

Every rock and stone and tree should bless God.
We are all His works.

"in all places of His dominion"

We have already established that this is everywhere.
Everything everywhere should praise God.

The rest of verse 22 **"Bless the LORD o my soul"**

He ends right back where he began.
We should be worshipping God.
I don't know how you can read this Psalm and not want to bless God.
He is so worthy and deserving.

The question we should ask ourselves is are you giving God the praise that He deserves?

CONCLUSION:

1. [Summary] This morning we have looked at four reasons to bless God.
We should bless Him because He is the King of the cosmos with a never-ending love for us who rules with gracious justice and bestows the benefits of the Kingdom on His children.
2. [Challenge] Let us bless His name, church family. Let's sing and worship God as if we truly believe that He is worthy.