

David Taught Us to Bless the Lord
(Psalm 103)

Introduction:

1. The Old Testament book of Psalms contains 150 psalms [songs, poems, and prayers composed over many years by a variety of writers].
2. According to Luke 24:44, Jesus considered the Psalms to be Scripture; therefore, they were written for our learning (Romans 15:4).
3. David wrote approximately half of the Psalms.
4. In our lesson we are concentrating on a valuable lesson to be learned from David's psalms -- "David taught us to bless the Lord."
5. As we begin our study, . . .

Discussion:

- I. LET US MAKE SEVERAL OBSERVATIONS FROM PSALM 103
 - A. David placed special emphasis on blessing the Lord in this psalm -- he mentioned it 7 times [3 times in vs.1-2 and 4 times in vs.20-22].
 - B. David revealed the part of him that was involved in blessing the Lord -- "O my soul: and all that is within me."
 - C. Blessing the Lord is a spiritual activity that provides spiritual benefits.
 - D. (vs.2b) David exhorts us to remember all of God's benefits, including:
 1. "forgiveness" (vs.3a, 10, 12)
 2. "mercy" (vs.4, 8, 11, 17-18)
 3. "strength" (vs.5; Isaiah 40:31)
 4. "help during times of difficulty" (vs.6, 13-14)
 5. "hope of eternal life" (vs.15-16, 19).
 - E. In Psalm 103, David certainly taught us to bless the Lord for all the benefits He provides.
- II. LET US MAKE ADDITIONAL OBSERVATIONS FROM OTHER PSALMS THAT DAVID WROTE
 - A. David gave another reason "why" blessing the Lord was so important to him.
 1. We listed the benefits that David mentioned in Psalm 103.
 2. He mentioned another benefit in Psalm 16:7 -- "counsel."
 3. In this regard David mentioned the writings of Moses (Psalm 103:7; 22:1-5).
 - B. David revealed "where" he wanted to bless the Lord -- "in the congregations" (Psalm 26:12).
 1. David loved to worship the Lord (Psalm 122:1).
 2. He calls upon God's people to follow his example (Psalm 68:26).
 - C. David touched on "when" he wanted to bless the Lord, including:
 1. "at all times" (Psalm 34:1)
 2. "while he lived" (Psalm 63:4a)
 3. "for ever and ever" (Psalm 145:1)
 4. "every day" (Psalm 145:2a).

Conclusion:

1. We have seen from David's Psalms that blessing the Lord was an important part of his life.
2. Let us:
 - a. follow his example (Psalm 145:1)
 - b. comply with his instruction (Psalm 145:21b).