Teaching Your Heart to Sing May 3, 2020

*Psalm 103 Series: Hope from Israel’s Oldest Playlist*

Get lost in the wonder of God, and who knows what he will do for you. – Ed Dobson

Intro: Are you looking for a generic, burger-flipping God?

Praise God by deeply reflecting on who He is and what He’s done.

1. Praise comes from an internal debate.

v. 1 *Bless the LORD, O my soul …*

v. 1 … *all that is within me, bless his holy name!*

v. 22 *Bless the LORD, O my soul!*

1. Praise comes from correcting our selective memory.

v. 1 … *bless his holy name!*

v. 2 *Bless the LORD, O my soul, and forget not all his benefits*

1. Praise isn’t content to sing solo.

v. 20 *Bless the LORD, O you his angels, you mighty ones who do his word, obeying the voice of his word!*

v. 21 *all his hosts, his ministers, who do his will*

v. 22 *all his works, in all places of his dominion*

* Have you ever debated your heart into praise?
* Why are we tempted to forget God’s benefits?

1. Praise God that He forgives what you’ve done.
2. God forgives your sins.

v. 3 *who forgives all your iniquity*

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

1. God is patient with your sins.

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

v. 9 *He will not always chide, nor will he keep his anger forever.*

1. God is gracious with your sins.

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

1. God loves you more than you can comprehend.

v. 11 *as high as the heavens are above the earth, so great is his steadfast love toward those who fear him*

v. 13 *As a father shows compassion to his children, so the LORD shows compassion to those who fear him.*

* Why do we tend to take God’s forgiveness for granted?
* How can we rekindle our wonder at God’s grace?

1. Praise God that He knows who you are.
2. God knows everything about you.

v. 14 *he knows our frame*

1. God remembers your mortality even if you don’t.

v. 14 *he remembers that we are dust*

v. 15 *As for man, his days are like grass; he flourishes like a flower of the field …*

1. God remembers your weaknesses.

v. 16 *for the wind passes over it, and it is gone, and its place knows it no more*

* What’s so frustrating about people who don’t understand you?
* What are some examples that show that we often don’t remember that we are dust and our days are like grass?

1. Praise God that He provides what you need.
2. God orchestrates your life healing.

v. 3 *who heals all your diseases*

1. God posts your bail.

v. 4 *who redeems your life from the pit*

v. 6 *The LORD works righteousness and justice for all who are oppressed.*

1. God satisfies you with what is good.

v. 5 *who satisfies you with good so that your youth is renewed like the eagle's*

1. God tells you the truth.

v. 7 *He made known his ways to Moses, his acts to the people of Israel.*

* How do we find satisfaction with what God says is good when Satan tries to persuade us that forbidden fruit is good?
* What’s wrong with a god who does what we want but doesn’t tell us the truth?

Make sure you’re not reading someone else’s mail.

1. This is who God is to his children.

v. 13 *compassion to his children*

1. This is who God is to those who fear Him.

v. 13 *compassion to those who fear him*

v. 17 *on those who fear him*

1. This is who God is to those who follow Him.

v. 18 *those who keep his covenant and remember to do his commandments*

Study ahead: Next week, we’ll study John 9:1-12.

Notes