

PRAYING PSALM 103

“Bless the Lord; and all that is within me, bless His holy name” (Psalm 103:1).

This is a contrast with Psalm 102: Depression versus joy. Five blessings are noted: forgiveness, healing, redemption, lovingkindness/mercy, a youthful spirit. This psalm is a call for human praise. 1. PERSONAL PRAISE (1-5). Praise God for the afore mentioned benefits. 2. NATIONAL PRAISE (6-18). Mercy is mentioned four times. 3. UNIVERSAL PRAISE (19-22). The Lord’s kingdom rules over all. His dominion is everywhere.

When you want to bless the Lord, seek to do it with all your heart. Thank him for forgiving you, for saving you, for loving you, for giving you another chance. When you do this you will be able to thank Him for renewing a youthful spirit. Personal praise enables you to praise God for mercies He has shown this nation since its founding. When you pray for the world, praise God for His rule, including its future purpose.