

31 December 2013 Watchnight service: Preached by Rev Stephen Khoo

Topic: **Bless The Lord O My Soul**

Scripture Text: Psalm 103:1-5

1. Psalm 103 is a Psalm of praise from David. We must give thanks to the Lord in everything, whether big or small. David's praise to God comes from his heart.

2. The Psalmist David actually commanded himself to bless the Lord in v.1-2. The word "Bless" is used in relationship with God. It means to worship, praise and thank God. David blesses the Lord from all that is within him i.e. it is from his heart, his will, his emotion and passion.

3. We are not to forget all of God's benefits to us which are all His dealings with us. David listed 5 benefits from the Lord:

a) v.3a - God forgives all his iniquities. Every sin in our lives is forgiven by God when we come to Him in true confession and repentance

b) v.3b - God heals all his diseases. This is spiritual disease caused by sin in broken relationship, guilt, shame etc.

c) v.4a - God redeems his life from destruction. God saves us from the lake of fire not to be eternally condemned.

d) v.4b - God crowns him with lovingkindness and tender mercies. This is God's promise to every believer to have God with us and sending us unending grace and mercy.

e) v.5 - God satisfies his mouth with good things. This means that God keeps us spiritually strong and we have God's strength everyday.