1 – **Forget None Of His Benefits**

**Psalms 103**

2 - God has blessed us with **every spiritual blessing**

*“Blessed be the God and Father of our Lord Jesus Christ, who has* ***blessed us with every spiritual blessing in the heavenly places in Christ,*** *4**just as He chose us in Him before the foundation of the world, that we would be holy and blameless before Him.”* (Ephesians 1:3-4)

Are you ***“in Him”***? (Galatians 3:27)

3 - God has Charged us with **Never forgetting**

*“9 For he who lacks these qualities is blind or short-sighted,* ***having forgotten his purification from his former sins.*** *10 Therefore, brethren, be all the more diligent to make certain about His calling and choosing you; for as long as you practice these things, you will never stumble; 11 for in this way the entrance into the eternal kingdom of our Lord and Savior Jesus Christ will be abundantly supplied to you.”* (2 Peter 1:9-11; note the context going back to vs. 1; cf., Ephesians 2:11-12)

***“Remember…”*** (Psalms 143:5; 77:11; Matthew 16:9)

4 - Why would we **ever forget?**

**Fail to be reminded**. (2 Peter 1:12-15)

**Not constantly nourished**. (1 Timothy 4:6)

**Hearts and minds filled with other things**. (Colossians 1:9 vs. Acts 5:3)

**Physical prosperity.** (Deuteronomy 8:11ff)

**Don’t appreciate what God has done for us!** (Psalms 103)

5 - God **Pardons** all our iniquities - (Psalms 103:3)

* ***“Pardon”* - meaning forgiveness**. Legal connotation of acquittal or exoneration.
* ***“Iniquity”*** - refers to our guilt.
* God alone forgives or pardons. (Exodus 34:6-7; Luke 5:20ff; Jeremiah 31:34)
* Psalms 130:3-4, *“****If You, Lord, should mark iniquities, O Lord, who could stand? 4 But there is forgiveness with You, that You may be feared.****”* (cf., Psalms 143:2; Ezra 9:13-15)

6 - God **Heals** all our diseases - (Psalms 103:3)

* **Heals** - mended and whole, cured (Strong) Made healthy (BDB); to be restored (Vine)
* Do we need a Physician? (Luke 5:31)
* ***“Heal my soul, for I have sinned against You.”*** (Psalms 41:4)
* ***“Do you wish to get well?”*** (John 5:6; Psalms 107:20)
* Not superficially! (Jeremiah 6:14)
* Why has our spiritual health not been restored? (Jeremiah 8:18-22; cf., Isaiah 1:6; 3 John 2)

7 - God **Redeems** our life from the pit - (Psalms 103:4)

* **Redeem - to ransom or buy/purchase back**. (Psalms 74:2; 77:15)
* **Creates possession and ownership**. (Isaiah 43:1, 1 Peter 2:9-12)
* Redeemed *“****our life from the pit****”* - **from death**. (Hosea 13:14)
* **Our salvation**. (Isaiah 62:12; Ephesians 1:3-7; Romans 3:23-26)
* **Jesus paid the price we couldn’t pay**. (Psalms 49:7)

8 - God **crowns** our life with lovingkindness & Compassion - (Psalms 103:4)

* ***“Crown”*** - to encircle or protect. (Psalms 5:11-12; 8:3-5)
* **As a Shepherd protects His flock** (John 10:27-30; Romans 8:31-39)
* **We take note of the *“crown”* Jesus wore** that we might wear one ourselves. (Matthew 27:29; Revelation 4:9-11)
  + Note: Jesus’ crown is the royal crown. Ours is the crown of victory! The victors crown, a symbol of triumph.
* Paul wanted all to receive the same crown he anticipated. (2 Timothy 4:7-8)
* **Hold on to it!** (Revelation 2:10; 3:11)

9 - God **Satisfies** our years with good things - (Psalms 103:5)

* “***Satisfies***” - to be filled.
* **Fulfilled in heaven**. (Psalms 17:15)
* ***“Blessed are they who hunger and thirst for righteousness, for they shall be satisfied.”*** (Matthew 5:6)

10 - God **renews** our Youth like an eagle - (Psalms 103:5)

* **Physically or spiritually?**
* **Initially through the waters of baptism**. (Titus 3:5)
* **Continuing every day of our lives**. (Romans 12:1-2; 2 Corinthians 4:16ff)

11 - God is **compassionate & Gracious** - (Psalms 103:8)

* **Do we truly know God?** (Exodus 34:6-7)
* God indeed will not strive with us forever!
* **Be thankful that God has not dealt with us according to our sins**!

12 - **These benefits are for…**

* Who don’t forget about His benefits and are continually thankful.
* ***“Bless the Lord”***
* Who study “His ways” and submit to them. (vs. 7)
* Who understand our ***“days are like grass”***. (vs. 15)
* **Keep His covenant and remember to keep His precepts**. (vs. 18)
* **Serve Him doing His will**. (vs. 21)
* We ought to ***“give a return for the benefit we received”***. (2 Chronicles 32:25)
* “***What shall I render to the Lord for all His benefits toward me***?”   
  (Psalms 116:12)