

Bless the Lord!  
Psalm 103  
The Laurel Center  
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**Main Idea:** The Lord gives us innumerable reasons to bless his name at all times.

Introduction

Throughout our lives we will find ourselves in different conditions. There will be times of great victory in our lives when we find it easy to praise God and to worship him. There other times when we will be in trials and in want and we will find it harder to praise God when we face bleak times. We will find that in those dark times we must muster the strength to give our all to praising God. Psalm 103 is a Psalm that reminds us that there is never a reason to not praise the Lord. No matter what we are going through God is worthy of our praise, not only deserving it but always worthy of it. David gives us many reasons to praise the Lord and shows us how to do it in a matter what our circumstances.

**Psalm 103:1–2**

**1** Bless the LORD, O my soul, and all that is within me, bless his holy name! **2** Bless the LORD, O my soul, and forget not all his benefits,

- I.** We have reasons to bless the Lord (vv. 1 – 5).
  - A We worship the Lord always.
  - B The Lords blessings are fantastic.

**Psalm 103:11–12**

**11** For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him; **12** as far as the east is from the west, so far does he remove our transgressions from us.

- II.** We bless the Lord for his character (vv. 6 – 14).
  - A The Lord is patient with all of us.
  - B The Lords goodness is unmatched.

**Psalm 103:20–22**

**20** Bless the LORD, O you his angels, you mighty ones who do his word, obeying the voice of his word! **21** Bless the LORD, all his hosts, his ministers, who do his will! **22** Bless the LORD, all his works, in all places of his dominion. Bless the LORD, O my soul!

- III.** We bless the Lord for his eternal goodness (vv. 17 – 22).

- A Humans live for a short time.
- B The Lord's heavenly blessings last forever.

#### Conclusion

We have seen today that there is never a time we don't need to be praising God. We have to remind ourselves to praise the Lord and command our whole being to bless his name. When we look back at what God has done in our lives there is never a reason to not praise God at all times. When we commend ourselves to praise the Lord in every circumstance we do not just celebrate his goodness to us in his actions but also his character. We join the rest of creation in praising God. For his goodness to us and his greatness as God even in the worst times nothing should hold us back from wholly giving ourselves to the discipline of praising our worthy Lord.