



Bless the Lord, O My Soul

Psalm 103

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Overview: The Psalmist teaches us to worship the Lord by blessing Him with all that we have in light of all that He is and all that He has done on our behalf. The many benefits we have received from the Lord include forgiveness of sin, healing from sickness, deliverance from death, restoration of worth, and renewal of strength. Each of these benefits is in keeping with God's own character and offered to the undeserving, as demonstrated in the life of Moses, and through the deliverance of Israel. Accordingly, God abounds in categories where we are beneficiaries, and He limits Himself in categories where we would otherwise suffer. We can, therefore, count on God's great love extending to us also because we are in covenant relationship with Him through Jesus Christ. By blessing the Lord in this way, we not only recognize the benefits we have received, we are joining with all creation to ascribe worth to the Lord, who is greater than all.

01. Blessing the Lord is an act of worship that involves more than our mouth; it includes our mind and soul as we recall what God has done and express our love to Him.

02. Blessing the Lord is an act of faith that involves more than our past benefits; it includes all that we pray and hope for God to do in light of our relationship with Him.

03. Blessing the Lord is an act of obedience that involves more than ourselves; it includes the entire created order recognizing the greatness of God.

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1. What does it mean to bless the Lord? Is this different in any way from praising the Lord? What difference does it make to bless the Lord with words only as opposed to words coming from the depths of our hearts?

2. Consider the many benefits listed in verses 2-5. Which of these benefits can you identify with the most at this time? Of these benefits, which are most important in the long term (i.e., eternity)?

3. What theological error must we be careful to avoid when we say that God "limits Himself" in categories where we would otherwise suffer? Why is it important to affirm that no outside force or rule operates on God or shapes His character? Why is it important to recognize that God is better to us than we deserve?

4. Notice the use of family language in verses 13 & 17, and members of the covenant in verse 18. In what way do these passages remind us that God is Father of all He has made, but uniquely Father to those who are children of God through faith in Christ?

5. Think of ways in which God is blessed by His creation, including angels and all His works. What biblical passages can you find that also illustrate how all of God's creation testifies to His greatness?

For Further Reading: Richard Phillips, *Walking With God: Learning Discipleship in the Psalms* (Banner of Truth, 2005).

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All His Benefits

Praise the Lord, oh my soul
And forget not all His benefits
Praise the Lord, oh my soul
And forget not all His benefits
Who forgives all your sins and heals all your diseases (2x)

Who redeems your life from the pit
And crowns you with love and compassion
Who satisfies your desires with good things
so that your youth is renewed like the eagle's

Praise to the Lord, The Almighty

Verse 1

Praise to the Lord the Almighty
The King of Creation
O my soul praise Him for
He is thy health and salvation
All ye who hear now to His presence draw near
Join me in glad adoration

Verse 2

Praise to the Lord who o'er all things
So wondrously reigneth
Shelters thee under His wings
Yea, so gently sustaineth
Hast thou not seen
How all thy longings have been
Granted in what he ordaineth

Verse 3

Praise to the Lord who doth prosper thy work and defend thee
Surely His goodness and mercy
Here daily attend thee
Ponder anew what the Almighty can do

If with His love He befriend thee

Chorus

Praise the Lord, praise the Lord (2x)

Verse 4

Praise to the Lord
Oh let all that is in me adore him
All that hath life and breath
Come now with praises before him
Let the 'amen' sound from his people again
Gladly forever adore him
Let the 'amen' sound from his people again
Gladly forever adore him

Blessed Be Your Name

Verse 1

Blessed be Your name in the land that is plentiful
Where Your streams of abundance flow
Blessed be Your name
Blessed be Your name when I'm found in the desert place
Though I walk through the wilderness
Blessed be Your name

Pre-Chorus

Every blessing You pour out I'll turn back to praise
When the darkness closes in Lord
Still I will say

Chorus

Blessed be the name of the Lord
Blessed be Your name
Blessed be the name of the Lord
Blessed be Your glorious name

Verse 2

Blessed be Your name when the sun's thing down on me
When the world's "all as it should be"
Blessed be Your name
Blessed be Your name on the road marked with suffering

Though there's pain in the offering
Blessed be Your name

Bridge

You give and take away
You give and take away
My heart will choose to say
"Lord, blessed be Your name"

10,000 Reasons (Bless the Lord)

Chorus

Bless the Lord, O my soul
O my soul
Worship His holy name
Sing like never before
O my soul
I'll worship Your holy name

Verse 1

The sun comes up, it's a new day dawning
It's time to sing Your song again
Whatever may pass and whatever lies before me
Let me be singing when the evening comes

Verse 2

You're rich in love and You're slow to anger
Your name is great and Your heart is kind
For all Your goodness I will keep on singing
10,000 reasons for my heart to find

Verse 3

And on that day when my strength is failing
The end draws near and my time has come
Still my soul will Your praise unending
10,000 years and then forever more

Bless His Holy Name

Chorus

Bless the Lord, oh my soul
and all that is within me
Bless His holy name (2x)

Verse

He has done great things
He has done great things
He has done great things
Bless His holy name

Through it All

Verse 1

I've had many tears and sorrows
I've had questions for tomorrow
There've been times I didn't know right from wrong
But in every situation God gave blessed consolation
That my trials come to only make me strong

Chorus

Through it all, through it all
I've learned to trust in Jesus
I've learned to trust in God
Through it all, through it all
I've learned to depend upon His word

Verse 2

I've been to lots of places
and I've seen a lot of faces
There've been times I felt so all alone
But in my lonely hours
Yes in those precious lonely hours
Jesus let me know that I was His own

Verse 3

I thank God for the mountains
And I thank Him for the valleys
I thank Him for the storms He brought me through

For if I'd never had a problem
I wouldn't know that He could solve them
I'd never know what faith in God could do

Love Came Down

Verse 1

If my heart is overwhelmed
and I cannot hear Your voice
I'll hold on to what is true, though I cannot see
If the storms of life, they come
And the road ahead gets steep
I will life these hands in faith, I will believe

Pre-chorus

I'll remind myself of all that You've done
And the life I have because of Your Son

Chorus

Love came down and rescued me
Love came down and set me free and I am Yours
I am forever Yours
Mountain high or valley low
I sing out, remind my soul that I am Yours
I am forever Yours

Verse 2

When my heart is filled with hope
And every promise comes my way
When I feel Your hands of grace rest upon me
Staying desperate for You God
Staying humbled at Your feet
I will lift these hands and praise
I will believe

Bridge

I am Yours
And I am Yours
For all my days
Jesus I am Yours (2x)

Build My Life

Verse

Worthy of every song we could ever sing
Worthy of all the praise we could ever bring
Worthy of every breath we could ever breathe
We live for You

Jesus the name above every other name
Jesus the only one who could ever save
Worthy of every breath we could ever breathe
We live for You

Chorus

Holy, there is no one like You
There is none beside You
Open up my eyes in wonder
and show me who You are and fill me
With Yours heart and lead me in Your love
to those around me

Bridge

I will build my life upon Your love
It is a firm foundation
I will put my trust in You alone
And I will not be shaken

The Blessing

Verse

The Lord bless you and keep you
Make His face shine upon you
and be gracious to you
The Lord turn His face toward you and give you peace

Chorus

Amen, amen
Amen, amen
Amen, amen

Bridge

May his favor be upon you
And a thousand generations
and your family and your children
and their children, and their children

May his presence go before you
and behind you and beside you
All around and within you
He is with you, He is with you
He is with you
He is with you

In the morning, in the evening
in your coming, and your going
in your weeping and rejoicing
He is for You
He is for You
He is for You
He is for You