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All scriptures are printed verbatim with translations noted.

Study Verse Section

Psalm 103:1-5 (ESV)- **Bless** (ברך) *praise to kneel* **the LORD** (יהוה) *personal name for God*, **O my soul** (נפש) *the part of person that thinks, feels, and desires lit. throat*, **and all that is within me** (קרב) *deepest part of a person lit. entrails*, **bless his holy** (קדש) *set apart, removed from normal use* **name! Bless the LORD, O my soul**, *repeated for emphasis* **and forget not** (שכח) *indirect command “May my soul not forget”* **all his benefits** (גמול) *also translated “deeds; accomplishments; acts of kindness”*, **who forgives** (סלה) *pardoning* **all your iniquity** (עון) *guilt*, **who heals** (רפא) *rebuilds; repairs* **all your diseases** (תחלא) *sickness*, **who redeems** (גאל) *claims as own* **your life from the pit** (שחת) *grave; trap*, **who crowns** (עטר) *surrounds; encircles* **you with steadfast love** (חסד) *faithful love* **and mercy** (רחם) *compassion*, **who satisfies** (שבע) *to have enough or more than enough* **you with good** (טוב) *pleasant; desirable* **so that your youth is renewed** (חדש) *restored* **like the eagle’s.**

Thankful Praise Because Of...

1. WHO HE IS

Psalm 103:1 (ESV)- Bless the LORD, O my soul, and all that is within me, bless his holy name!

2. WHAT HE HAS DONE

Psalm 103:2 (ESV)-Bless the Lord, O my soul, and forget not all his benefits,

His Incredible Benefits

A. We are thankful because we are/will be forgiven.

Psalm 103:3a. (ESV)- who forgives all your iniquity,

Psalm 103:12 (ESV)- as far as the east is from the west, so far does he remove our transgressions from us.

B. We are thankful because we are/will be healed.

Psalm 103:3b. (ESV)- who heals all your diseases,

3 John 2 (ESV)-Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.

C. We are thankful because we are/will be rescue.

Psalm 103:4a. (ESV)-who redeems your life from the pit,

2 Timothy 4:18 (ESV)-The Lord will rescue me from every evil deed and bring me safely into his heavenly kingdom.

D. We are thankful because we are/will be loved.

Psalm 103:4b. (ESV)- who crowns you with steadfast love and mercy,

Psalm 103:11 (ESV)-For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him.

E. We are thankful because we are/will be satisfied.

Psalm 103:5a (ESV)- who satisfies you with good

Jeremiah 31:25 (ESV)-For I will satisfy the weary soul, and every languishing soul I will replenish.

F. We are thankful because we are/will be renewed.

Psalm 103:5b. (ESV)-so that your youth is renewed like the eagle’s.

Isaiah 40:31a. (ESV)-but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles.

All of these benefits are ultimately found in Jesus!

Here is the Point: We have many reasons to be thankful!

Notes: _____

