

Meditation on Psalms 91-120

By Bev Kilts

As we've been contemplating the Psalms, do you realize we've been reading thru a hymnal? It is, indeed, a book of sacred songs inspired by God, put to pen, for the most part, by David. In our worship, our hymns, as do the Psalms, assist us in our worship and adoration. They declare our faithfulness. They cover the entire spectrum of worship: declaration of His truths, earnest pleas for His help, repentance, reverence for His Word.

In this section I was particularly struck by Psalm 103 (noted in some Bibles as a praise for God's mercies). David starts by declaring in verse 1, "Bless the Lord, O my soul..." and then repeats the phrase (to stress its importance?) in verse 2. A while back we looked at the word "selah" as a time to pause in contemplation. Now here we have an emphatic repetition pointing to the phrase's importance – an absolute necessity. Perhaps David is telling us not to enter into worship in a ho-hum manner – that it would be shameful to treat this sacred opportunity as anything other than precious – that we must not allow God to become commonplace and forget to praise Him. Now, I know we all come into worship with cares, concerns, responsibilities that pull at our thoughts. Our attention drifts – it happens. Even a phrase from the sermon can lead us down some rabbit hole and before we know it we've missed parts of the message and we've lost that communion in worship we strive for. He is above all worthy and waiting for that time with us.

Certainly we have reason and reason again to "Bless the Lord". David calls to all that is within him to remember all the Lord's benefits (vs2). Do you keep a diary, a journal? Look back, recall His many mercies. Memory at times fails us; we need to pray like David for remembrance. Reading on in Verses 3 & 4, David expands on those mercies – God forgives, He heals, He redeems, "...He crowns you with loving-kindness and special mercies".

Verse 10 states, "He has not dealt with us according to our sins..." Thank you, Jesus, you chose mercy over fairness. I think of the words in the hymn, Amazing Grace: "...that saved a wretch like me". Move on to verse 12 and we find that "as far as the east is from the west, so

far has he removed our transgressions from us." Micah 7:18 says it beautifully, "Who is a God like You, pardoning iniquity...because He delights in mercy," which are "from everlasting to everlasting" (vs17)



And look what we find at the closing verses in this Psalm –
Bless the Lord, you His angels
Bless the Lord, all you hosts
Bless the Lord, all His Works

And then David repeats, "Bless the Lord, O my soul!"

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