

RUSSELL SANDERS

1-29-2025

## SEVEN BENEFITS OF RESTORATION

Psalm 103:3 [NKJV] says, ***“Bless the LORD, O my soul, and forget not all His benefits.”***

There are seven benefits that bring restoration. They are found in verses 3-5:

1. Vs. 3 - “Who forgives all your iniquities.”
2. Vs. 3 - “Who heals all your diseases.”
3. Vs. 4 - “Who redeems your life from [eternal] destruction.”
4. Vs. 4 - “Who crowns you with lovingkindness.”
5. Vs. 4 - “Who Crowns you with tender mercies
6. Vs. 5 - “Who satisfies your mouth with good things.”
7. Vs. 5 - “Who renews your youth like the eagles.”

Psalm 23:3 says, ***“He restoreth my soul...for His name’s sake.”*** When God restores your soul to his kingdom of righteousness, these seven benefits are imputed to you. This gives us true motivation to “Bless the LORD, O my soul.”

Bless the LORD out loud verbally for each one of these seven benefits, then watch and see how He will bless you even more in return.