

RUSSELL SANDERS

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HOW DO WE BLESS THE LORD?

Today we will re-visit Psalm 103:1-8. It says, ***“Bless the LORD, O my soul, and forget not all his benefits.”***

We seem to always ask the Lord to bless us, both you and me. But the scriptures focus more on us blessing the Lord than on Him blessing us. (Are we being selfish?)

So just how do we bless the Lord God Almighty? Verse 2b tells us the answer: ***“forget not all His benefits (to usward).”***

We bless God by reciting verbally to Him all His glorious attributes and the benefits He gives to us. We praise him for his attributes such as holiness, righteousness, glory, splendor, and so forth. But we also bless Him by speaking of all that He does for us as written in verses 3-8. Let us list those benefits and blessings using the Amplified Version.

1. Forgives all your sins
2. Heals all your diseases
3. Redeems your life from the pit (Sheol, Hades).
4. Crowns you lavishly with lovingkindness
5. Crowns you with tender mercies
6. Who satisfies your years with good things
7. Renews your youth like the soaring eagle
8. Executes righteousness and justice on your behalf.
9. Makes His ways known to you
10. He also is merciful, full of grace, compassionate, and slow to anger.

Let us spend private prayer and worship time to bless God by reciting back to Him all these things He has showered upon us.