**2/5/23 Is Praise What You Do? Psalm 103:1-5**

* Praise must not just come from our lips. It must emanate from deep within our soul recognizing all the great blessings that God has given us.
* While God is worthy of praise because He is holy and majestic and mighty, we have even greater reasons to praise Him.

**1. Do we thank God for His psalms, hymns and spiritual songs!**

* Paul tells those in the church at Ephesus; then you will sing psalms and hymns and spiritual songs among yourselves, making music to the Lord in your hearts.
* Gospel singer, William Murphy, describes the characteristics that exemplify the verb Praise!
* When we recognize that our breakthrough is coming, we praise Him in advance!

**Ephesians 5:19-20**

**2. It’s okay to talk to yourself about God’s goodness!**

* King David is having a conversation with himself and blesses the Lord!
* Does your soul delight in the Lord, and you tell Him how great thou art?
* Do we thank God for loving us and for sending Jesus?
* David wants to express praise and thanksgiving to God for all He had done both for David personally and for His people corporately.

**Psalms 103:1-2, 146:2-5; John 3:16**

**3. Do you remember the benefits provided by God?**

* Has God provided exceeding and abundant blessings?
* This psalm lists some of those benefits that are commonly mentioned in the prayer and thanksgiving psalms of the individual.
* Because sinful humans are prone to forget to do so, we must bring the benefits of God continually to our minds.
* God’s grace and mercy has brought us through!

**Ephesians 3:20; Psalms 103:3-5; 1 Corinthians 15:55; Isaiah 40:31**