Bless the Lord, O My Soul

Psalm 103



New Baptist Church
November 15, 2026

Bless the Lord, O My Soul

Psalm 103

ONE	ZERO	THREE
Soul	Forgetfulness	Remembrances



Psalm 103

1 Bless the LORD, O my soul, and all that is within me, bless his holy name!



What does it mean to "Bless the Lord"?

Notice David is commanding his soul to bless the Lord.

Why would a man after God's own heart have to give his own soul orders?

The answer is that **the soul thirsts** and must be reminded where its life, joy, and satisfaction are found.

The Hebrew word for "soul" is *nefesh* (נֶפֶשׁ).

- "*nefesh*" (נֶפֶשׁ) occurs 754 times in the Old Testament.
- In the ESV, it is translated as "Soul" 232 times (31%).
- The NIV translates "nefesh" as "Soul" 110 times (14%).
- Other words *nefesh* is translated as: *Life, Person, Heart, Desire, Living Creature, Body, Throat.*
- ***Nefesh describes the whole person.***

Psalm 103

1 Bless the LORD, O my soul, and all that is within me, bless his holy name!



The Hebrew word for "soul" is *nefesh* (נֶפֶשׁ).

- "*nefesh*" (נֶפֶשׁ) occurs 754 times in the Old Testament.
- In the ESV, it is translated as "Soul" 232 times (31%).
- The NIV translates "nefesh" as "Soul" 110 times (14%).
- Other words *nefesh* is translated as: *Life, Person, Heart, Desire, Living Creature, Body, Throat.*
- ***Nefesh describes the whole person.***
- In Ancient Hebrew, the meaning of the word "*nefesh" meant* **"Throat"**
- Psalm 69:1 - "The waters have come up to my **neck** (**nefesh**)."

Your throat is where you feel thirst.

Have you ever felt **spiritually thirsty**?

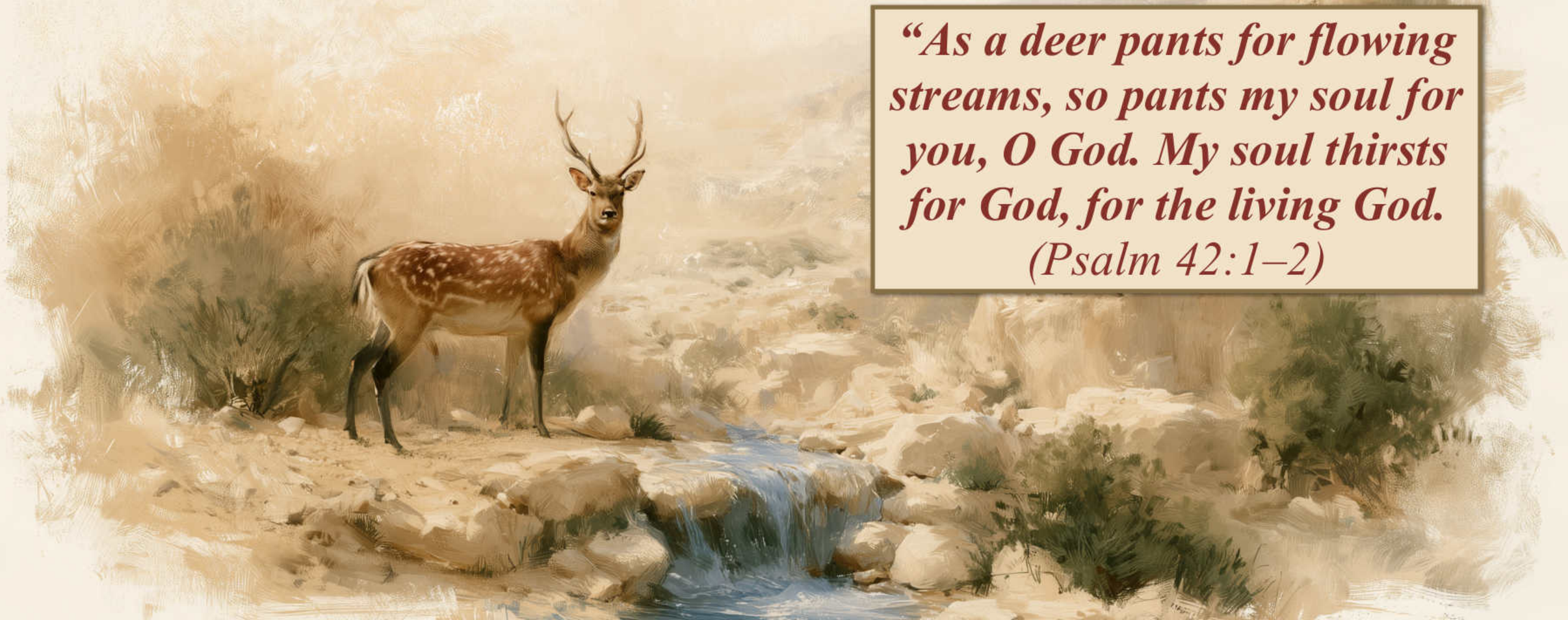
Spiritual thirst is a desire for something that nothing in this world seems to satisfy.

Psalm 103

1 Bless the LORD, O my soul, and all that is within me, bless his holy name!

Have you ever felt **spiritually thirsty**?

Spiritual thirst is a desire for something that nothing in this world seems to satisfy.



"As a deer pants for flowing streams, so pants my soul for you, O God. My soul thirsts for God, for the living God.
(Psalm 42:1–2)

Psalm 103

1 Bless the LORD, O my soul, and all that is within me, bless his holy name!



Have you ever felt **spiritually thirsty**?

Spiritual thirst is a desire for something that nothing in this world seems to satisfy.

David's soul is thirsty; that is why he commands it to bless the Lord. He is directing his soul to the living waters of God to satisfy his spiritual thirst.

"As a deer pants for flowing streams, so pants my soul for you, O God. My soul thirsts for God, for the living God. *(Psalm 42:1–2)*

Is your soul thirsty? *(I Hope So)*

Spiritual thirst reminds us of our need for God. We are made to be satisfied by Him. *The problem is not the thirst, but rather where a person goes to satisfy it.*

"My people have committed two evils: they have forsaken me, the fountain of living waters, and hewed out cisterns for themselves, broken cisterns that can hold no water" (Jeremiah 2:13).

Psalm 103

1 Bless the LORD, O my soul, and all that is within me, bless his holy name!

What does it mean to "Bless the Lord"?

It is a command to find that which the soul longs for in the Lord. It is a command to come and drink from the fountain of living waters and, at the same time, to stop drinking from the broken cisterns of the world. To **"bless the Lord"** is to turn the whole self toward God in grateful adoration.



How does one do this?

David shows us how in Psalm 103

ONE soul, **ZERO** Forgetfulness, **THREE** remembrances

In remembering (zero forgetfulness), our souls drink deeply of His goodness, and gratitude rises into praise.

2 Bless the LORD, O my soul, and **forget not** all his benefits,

ONE
Soul

ZERO
Forgetfulness

Psalm 103

1 Bless the LORD, O my soul, and all that is within me, bless his holy name!

How does one do this?

2 Bless the LORD, O my soul, and **forget not** all his benefits,

ONE
Soul

ZERO
Forgetfulness



When you are spiritually thirsty, the way to drink and find refreshment from the living waters of God is through the gratitude that comes from remembering what the Lord has done, what He has given, and who He is.

THREE Remembrances

1. Remember the Gifts of God (vv. 3–5):

Psalm 103

ONE **ZERO**

2 Bless the LORD, O my soul, and **forget not** all his benefits,

THREE Remembrances



1. Remember the Gifts of God (vv. 3–5):

3 who forgives all your iniquity, who heals all your diseases, 4 who redeems your life from the pit, who crowns you with steadfast love and mercy, 5 who satisfies you with good so that your youth is renewed like the eagle's.

What does David command his soul to NOT forget?

Don't forget you are forgiven
Don't forget your life is redeemed
Don't forget that no illness has the last word.
Don't forget that He crowns you with love and mercy (not shame and guilt)
Don't forget the good He has for you is ahead of you, not behind you.

2. Remember The Works of God (6-14):

Psalm 103

ONE ZERO

2 Bless the LORD, O my soul, and **forget not** all his benefits,

THREE Remembrances

1. Remember the Gifts of God (vv. 3–5):

2. Remember The Works of God (6-14):

What makes the gifts of God true is that they are anchored into what God has done in history (the works of God).



6 The LORD works righteousness and justice for all who are oppressed. 7 He made known his ways to Moses, his acts to the people of Israel. 8 The LORD is merciful and gracious, slow to anger and abounding in steadfast love. 9 He will not always chide, nor will he keep his anger forever. 10 He does not deal with us according to our sins, nor repay us according to our iniquities. 11 For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him; 12 as far as the east is from the west, so far does he remove our transgressions from us. 13 As a father shows compassion to his children, so the LORD shows compassion to those who fear him. 14 For he knows our frame; he remembers that we are dust.

Psalm 103

ONE **ZERO**

2 Bless the LORD, O my soul, and **forget not** all his benefits,

THREE Remembrances

1. Remember the Gifts of God (vv. 3–5):

2. Remember The Works of God (6-14):

What makes the gifts of God true is that they are anchored into what God has done in history (the works of God).



11 For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him;

God's love and forgiveness were historically worked out on the cross of Christ.

12 as far as the east is from the west, so far does he remove our transgressions from us.

"8 Remember Jesus Christ, risen from the dead, the offspring of David, as preached in my gospel, 9 for which I am suffering, bound with chains as a criminal. But the word of God is not bound!" (2 Timothy 2:8-9).

Psalm 103

ONE **ZERO**

2 Bless the LORD, O my soul, and **forget not** all his benefits,



THREE Remembrances

1. Remember the Gifts of God (vv. 3–5):

2. Remember The Works of God (6-14):

The greatest gift God gives us is Himself. All His other gifts are wonderful because they bring us into a relationship with Him.

3. Remember The Nature and Character of God (15-19)

15 As for man, his days are like grass; he flourishes like a flower of the field; 16 for the wind passes over it, and it is gone, and its place knows it no more. 17 But the steadfast love of the LORD is from everlasting to everlasting on those who fear him, and his righteousness to children's children, 18 to those who keep his covenant and remember to do his commandments. 19 The LORD has established his throne in the heavens, and his kingdom rules over all.

The most refreshing drink from the fountain of living water comes from delighting in God himself. (David remembers who God is)

Psalm 103

ONE **ZERO**

2 Bless the LORD, O my soul, and **forget not** all his benefits,

THREE Remembrances

1. Remember the Gifts of God (vv. 3–5):

2. Remember The Works of God (6-14):

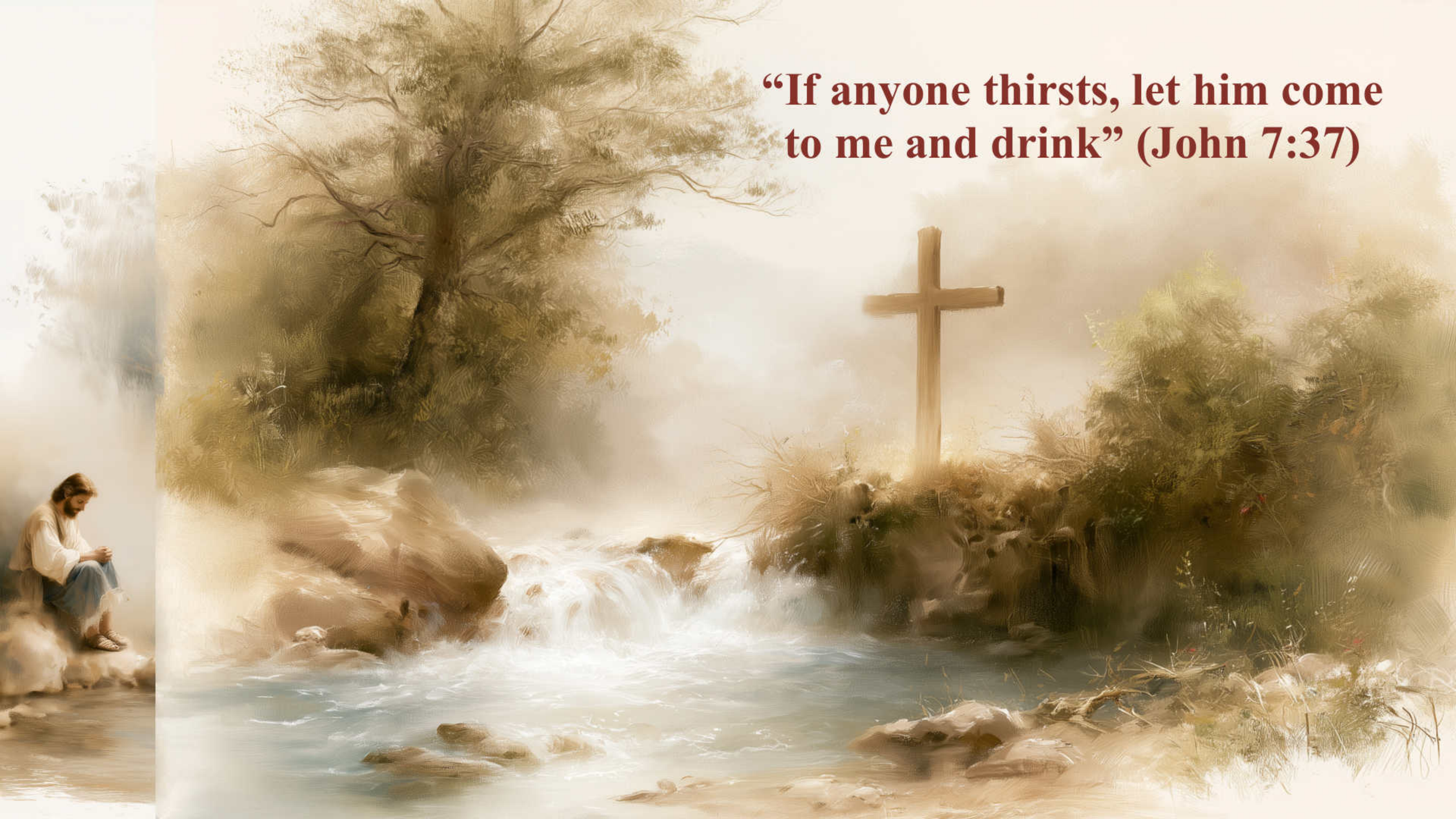
3. Remember The Nature and Character of God (15-19)



Psalm 103 ends with David telling others to also "Bless the Lord."

20 Bless the LORD, O you his angels, you mighty ones who do his word, obeying the voice of his word! 21 Bless the LORD, all his hosts, his ministers, who do his will! 22 Bless the LORD, all his works, in all places of his dominion. Bless the LORD, O my soul!"

Is your soul thirsty? *(I Hope So)*


“If anyone thirsts, let him come
to me and drink” (John 7:37)

Psalm 103 - Homework

During your times of prayer, spend time writing in each one of these areas. And after you do, give Him thanks.

Do the 103
One Soul
Zero Forgetfulness
Three Remembrances

1. What has God given you?

2. What has God done (His Work)?

3. Who God is (His nature and character)

Bless the Lord, O My Soul

Psalm 103



New Baptist Church
November 15, 2026