

**Sunday 25<sup>th</sup> April 2021**

**Psalm 103**

### **Introduction**

**I wonder how many of you remember the film The Sound Of Music? Made in 1965 about a nun called Maria . Do you remember one of the opening scenes where the camera shows you these beautiful mountains and then it focuses on this green hill and Maria bursts into that famous song “The Hills are alive with the sound of music. Her surroundings inspiring her to sing!**

**I wonder have you ever done that. Have you been somewhere or even done something that has inspired you to sing? I remember as a small child going on holiday and singing we’re all going on a summer holiday.**

**Today we’re looking at Psalm 103 – a song that David felt inspired to write and sing. This was his Maria Vonn Trapp moment just wanting to break out in Praise and song.**

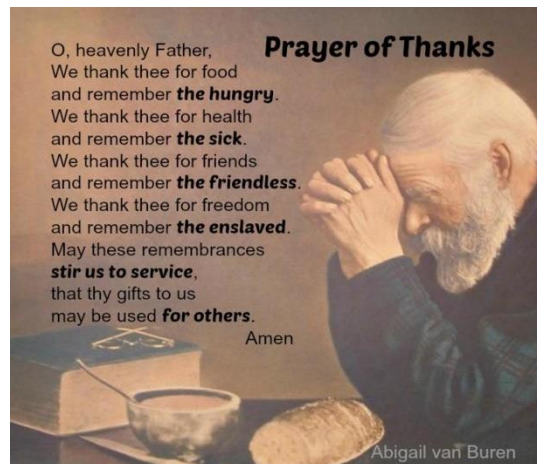
**Can you relate to this? Have you ever broken out in Praise? When we come to break out rooms if you have a story of a time when you just felt the need to praise and you feel comfortable sharing it then let the people know.**

**I’ve had many times especially by the beach, or when God has blessed me. We can be inspired by beauty but we can be inspired by seeing God working in our lives and we can literally praise God anywhere and anytime. You could be doing the dishes and praising God or sitting in your garden. We have of course gathered together today right now as a family to praise him.**

**Let us pray.**

**Prayer**

**Praise & Thanks**



**Covid in India**

**People that are grieving**

**Peace in the Ukraine**

**Our Father, which art in heaven, Hallowed be thy Name. Thy Kingdom come. Thy will be done in earth, As it is in heaven. Give us this day our daily bread. And forgive us our trespasses, As we forgive them that trespass against us. And lead us not into temptation, But deliver us from evil. For thine is the kingdom, The power, and the glory, For ever and ever. Amen.**

Written by David

3000 years ago King David wrote this wonderful Psalm 103. He wasn't just a king and a warrior but a poet and musician. He was also known for being a man after God's own heart (1 Sam 13:14; Acts 13:22).

What does this Psalm reveal about David? What do the words tell us about God?

David wrote many Psalms and if you look later on at Psalm 104, they seem like two Psalms that go hand in hand. Psalm 145 is also similar to 103. These Psalms

were written to Praise God and you see that David was just in awe of God as he reflects on life and reflects on God. Through Praise David really gets excited and just expresses the truths that he has learnt about God. When did you last get excited about God? Maybe you keep a journal or a little book where you write down thoughts and reflections on God and your relationship with him.

As a Children & Youth worker I have often with various groups asked them to write their own Psalm of praise and they are great to read. Maybe later on this afternoon grab a pen and paper and write your own psalm just list the many blessings you see and praise God for them.

**David begins with himself “Praise the Lord, O my soul; all my inmost being, praise his holy name. This echoes the command that God gave Moses to teach in Deuteronomy 6:5 “Love the Lord your God with all your heart and with all your soul and with all your strength. But David also encourages himself to remember What God has done – the benefits. Ps 103:” ‘and forget not all his benefits’. What were these?**

### **Our Benefits**

**The forgiveness of sin, healing, being rescued from the pit and being crowned by God with love and compassion, he satisfies our own desires with good things. Wow, is this the God of the Old Testament? Yes David was writing this 1000 years before Christ. The Lord is compassionate and gracious, slow to anger, abounding in love! So many people out there say the God of the Old Testament is judgemental and different from the New Testament but this is not David’s conclusion and we shouldn’t be surprised. We see all of these benefits in Christ Jesus our Messiah.**

**Scripture says he is the image of the invisible God – so If you want to know what God is like you only have to look at Jesus. If you want to know how God sees people you only have to look at Jesus. Jesus forgave, Jesus Healed, Jesus went to the grave – the pit in our place so we could have the right to be called children of God. He also came to give us life in all its fullness.**

**Do you recognise the benefits you have in Christ.**

### **Our Forgiveness**

**David knew personally of God’s powerful forgiveness. David stole another man’s wife, Bathsheba and David made sure the husband was killed in battle (2 Samuel 11). It’s terrible what he did and yet he repented and was forgiven.**

**“God does not treat us as our sins deserve or repay us according to our iniquities” Ps 103:10**

**And this was dealt with at the cross. Isaiah 53 talks about the Suffering servant this was Jesus.**

**Isaiah 53: 4-6**

**Surely he took up our pain  
and bore our suffering,  
yet we considered him punished by God,  
stricken by him, and afflicted.**

**<sup>5</sup> But he was pierced for our transgressions,  
he was crushed for our iniquities;  
the punishment that brought us peace was on him,  
and by his wounds we are healed.**

**<sup>6</sup> We all, like sheep, have gone astray,  
each of us has turned to our own way;  
and the LORD has laid on him  
the iniquity of us all.**

**Jesus went to the cross and took our sins upon his shoulders.**

**David (In verse 12) as far as the east is from the west, so far has he removed our sins from us. This goes beyond Israel centred to global – You have been forgiven and as big as the world is as wide as the world is Your sins are gone when you go to Jesus. Which brings up the question: Do you know you are forgiven? Is there something you are holding onto from the past? Have you forgiven yourself from things that God has already dealt with.**

### **Our Fragility**

**After talking about our sins being forgiven David reflects on how fragile we are. We are dust, our days like grass and like a flower we are blown away by the wind and we are forgotten.**

**It's very rare for someone to be remembered. People that are remembered, tend to be for their fame or even for their infamy. In recent months the subject of statues have come up. People wanting rid of some and having new ones up. Statues are there to help us remember but of course none of them are angels. But in time we will be like the grass blown away and forgotten .**

**For those who believe there is nothing more beyond this life this would be their conclusion. But..... God remembers because from everlasting to everlasting the Lord's love is with those who fear him. That is the hope we have that goes beyond the grave. Death is not the end it's just a stage and then we change location.**

**To belong to a kingdom where God has established his throne. If you live only for this world you will be disappointed. But we live for Christ for his kingdom and for a future where there will be no more pain, no more tears and no more suffering.**

**You are not alone and you are not a nothing. God knows you by name and holds you. Whatever age you are and no matter how we feel. God loves you and knows you**

**David's inspired psalm finishes in the heavens with the angels praising God with the heavenly hosts praising the Lord.**

**As he finishes he brings it back to himself where he was sitting or standing**

**Praise the Lord o my soul.**

**Let's join with creation in Praising God. Build in to your timetable a time where you can praise.**