



CAPITOL COMMISSION®

The LORD is Worthy of Greatest Gratitude

JANUARY 20, 2022

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Psalm 103:1-11 *A Psalm of David. Bless the LORD, O my soul; And all that is within me, bless His holy name! 2) Bless the LORD, O my soul, And forget not all His benefits: 3) Who forgives all your iniquities, Who heals all your diseases, 4) Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, 5) Who satisfies your mouth with good things, so that your youth is renewed like the eagle's. 6) The LORD executes righteousness and justice for all who are oppressed. 7) He has made known His ways to Moses, His acts to the children of Israel. 8) The LORD is merciful and gracious, Slow to anger, and abounding in mercy. 9) He will not always strive with us, Nor will He keep His anger forever. 10) He has not dealt with us according to our sins, nor punished us according to our iniquities. 11) For as the heavens are high above the earth, So great is His mercy toward those who fear Him. (NKJV)*

ENTER INTO HIS GATES WITH THANKSGIVING AND INTO HIS COURTS WITH PRAISE. BE THANKFUL TO HIM AND BLESS HIS NAME. FOR THE LORD IS GOOD; HIS MERCY IS EVERLASTING, AND HIS TRUTH ENDURES TO ALL GENERATIONS.
(PSALM 100:4-5)

Why does David repeat exactly the same thing twice? Is he literally commanding his soul? Did he think he was failing in obedience to the First Commandment? At what gift value do you feel obligated to write a thank-you? What is the greatest way our memory is to be employed? What should always be

the beginning of our gratitude to God? With what two things does the LORD literally surround us? When had David been “oppressed”? Are there any requests in this prayer of praise?

FOCUS ON FUTURE BIBLE STUDIES:

- > JANUARY 27: PSALM 103:12-22 *THE GREATER GOD'S GRACE, THE GREATER OUR WORSHIP!*
- > FEBRUARY 3: DANIEL 1:1-3 *JERUSALEM FALLS: DANIEL AND HIS FRIENDS BECOME SLAVES!*

John Phillips may describe this psalm the best: “This is David’s ‘Hallelujah Chorus.’ It is a psalm of singular beauty, with a rhythmic quality all of its own. It contains twenty-two verses—the same number of verses as there are letters in the Hebrew alphabet. The covenant title ‘Lord’ (Jehovah) occurs just half that number of times. It is what we call an envelope psalm—it ends in exactly the same way as it begins—the subject matter being thus enclosed or enveloped between the opening and closing words: ‘Bless the LORD, O my soul.’” Charles Spurgeon concurs, “As in the lofty Alps some peaks rise above all the others, so among even the inspired Psalms there are heights of song which overtop the rest. This one hundred and third Psalm has ever seemed to us to be the Monte Rosa of the divine chain of mountains of praise, glowing with ruddier light than any of the rest. It is as the apple tree among the trees of the wood, and its golden fruit has a flavor such as no fruit ever bears unless it has been ripened in the full sunshine of mercy.”

IN EVERYTHING GIVE THANKS; FOR THIS IS THE WILL OF GOD IN CHRIST JESUS CONCERNING YOU. 1 THESS 5:18

I. PERSONAL GRATITUDE

PSALM 103:1-5

King David begins with an imperative, a command to himself, arresting his entire being for a singular action. Literally, “*You bless the LORD O my soul, and all that is*

BIBLE STUDIES

THURSDAY @ 6:30 AM –PRAYER MEETING – GAB 6TH FLOOR SPEAKER’S CONFERENCE ROOM

THURSDAY @ 7:00 AM –BIBLE STUDY – GAB 6TH FLOOR SPEAKER’S CONFERENCE ROOM

Virginia

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within me, you bless His holy name!” Not one fiber of his body, thought of his mind, twinge of his emotions, direction of his will or especially any desire of his soul is allowed to escape this focused, grateful praise and worship to his covenant keeping God. Then he repeats the same executive order to himself with the same full focus of his soul, but this time requiring of himself a photographic memory, not allowing a single occasion to escape his attention: “*forget not all His benefits!*”

Appropriately, he begins with the first and foremost benefit from which all the others flow, “*Who forgives all your iniquity.*” David looked forward to the cross and described it in detail in Psalm 22. Not only was he thankful for full forgiveness, but also the complete healing of his body and soul. He had been “*redeemed from destruction,*” not just being rescued from close encounters with death, but rescued from eternal death. He had not only been the recipient of a physical crown as the monarch of Israel, he was the recipient of an eternal crown made of the perfect love and “*tender mercies*” of God’s fullest favor. In addition, his satisfaction was so complete in God and the “*good things*” he had been given that he was renewed in spirit to soar like the eagles! All because the LORD had loaded him with such benefits.

GOD IS NOT DEFICIENT ON HIS PART IN FURNISHING US WITH ABUNDANT MATTER FOR PRAISING HIM. IT IS OUR OWN INGRATITUDE WHICH HINDERS US FROM ENGAGING IN THIS EXERCISE.
JOHN CALVIN

II. NATIONAL GRATITUDE PSALM 103:6-7

The sweet singer of Israel cannot keep all this to himself, so his focus expands to his nation. He remembered how he had been so unjustly oppressed by King Saul and made to be an outcast of Israel and hunted for his life. Yet he avoided his personal situation in love for the grandson of Saul, Mephibosheth, Jonathan’s son, (eating

at his table) and remembered instead the slavery and the cruel killing of Israel’s children in Egypt and how “*the LORD executes righteousness and justice for all who are oppressed.*” Then David finds gratitude for an addition to their rescue of eternal value: “*He made known His ways to Moses.*” This is a reference to the first five books of the Old Testament given by divine inspiration to Moses, by which they were able to know God Himself. From the oppression, they had not only been physically delivered as a nation, but they were also introduced to deliverance from sin and the gift of eternal salvation offered by God Himself and pictured so clearly through the sacrifices.

BUT HE WAS WOUNDED FOR OUR TRANSGRESSIONS, HE WAS BRUISED FOR OUR INIQUITIES; THE CHASTISEMENT OF OUR PEACE WAS UPON HIM AND BY HIS STRIPES WE ARE HEALED. (ISAIAH 53:5)

III. UNIVERSAL GRATITUDE PSALM 103:8-11

David’s heart is so full of gratitude for all that God has done, he expands beyond himself and his people, giving thanks for God’s character in dealing with all. These four are positive: “*The LORD is merciful and gracious, slow to anger and abounding in mercy.*” Synonyms for the four are compassionate, kind, patient and great in lovingkindness. David remembers God’s dealing with him and his people also with gratitude for the negatives: “*He will not always strive with us, nor will He keep his anger forever.*” He explains very soon, “*As a father pities his children, so the LORD pities those who fear Him.*” All must concede, “*He has not dealt with us according to our sins, nor punished us according to our iniquities.*” If we all got what we deserve from the hand of God, there is none who would escape His eternal wrath. The song writer then gives us a most beautiful measure of the love of God: “*For as the heavens are high above the earth, so great is His mercy toward those who fear him.*” The farthest star gets farther away with more powerful instruments, so God’s lovingkindness is infinite!

Questions to Ponder:

- 1) Do you need to command your soul to give greater gratitude for all that God has done for you?
- 2) Are you thankful for God’s Word and are you seeking to know Him through His infinite Word?
- 3) Have you been forgiven of your sins by receiving Jesus Christ so that you will be eternally grateful?