



Remember Addendum: A Sunday of Praise!

Praising God for the Best Benefit: The Salvation of the LORD!

September 27, 2026

Holy Text: Psalms 103:1-5

The Context of this Psalm

- The Book of Psalms is Israel's "hymnbook" of praise to God. It is arranged in five books/ sections, each ending with a doxology.
 1. Book I (1–41) is largely about David and his kingship and trust in God despite conflict.
 2. Book II (42–72) add songs from Korah along with Davidic songs and widens the hope of the king's rule, closing with Solomon's royal prayer (72).
 3. Book III (73–89), is dominated by Asaph. This is the darkest section, singing of the sanctuary, the nations, and finally the apparent collapse of David's throne in Psalm 89.
 4. Book IV (90–106) answers that crisis not with a new earthly program first, but with God Himself: Moses' prayer (90), "the LORD reigneth," and hymns of remembrance such as Psalm 103.
 5. Book V (107–150) gathers the redeemed, includes the Songs of Ascents (or journeying to Jerusalem to worship) and David's last praises, and ends in the fivefold "Praise Ye the LORD" of 146–150!
- Our Text sits in the book that answers apparent collapse by pointing to the LORD Himself. Whether the throne feels steady or not, the soul is commanded to bless His name!

Rejoicing through these Verses!

Psalms 103:1 (KJV) A Psalm of David. Bless the LORD, O my soul: and all that is within me, bless his holy name.

- I love that David is speaking/singing to himself. He tells his own soul...his inner man, to bless, or (*bârak in Hebrew or kneel before*) the LORD (*Yehôvâh*).
- Given the context, David, in an apparently unstable rule, reminds himself to bow down before the LORD.
- Not just that, but to do so with "all that is within me!" This implies a full-throated, all-out, crying out, beseeching, praising, adoring, loving of the LORD!
- David reminds himself that despite his circumstances, our LORD is worthy to be praised!
- **Point of Rejoicing: Sometimes, you have to tell yourself to praise Him! Your feelings must follow faithful worship, not the other way around!**

Psalms 103:2 (KJV) Bless the LORD, O my soul, and forget not all his benefits:

- He sings it again: Bless the LORD, O my soul! *Soul* in Hebrew is *nephesh*, translated in the Old Testament with words like "soul, life, person, heart, mind, creature, and desire!"
- Beloved, this is how we worship our LORD! Yes with our voices and posture (uplifted hands, bowed down bodies, etc.). But importantly, with our whole hearts! This is the command of Scripture and the desire of God!

Deuteronomy 6:5 (KJV) And thou shalt love the LORD thy God with all thine heart, and with all thy soul, and with all thy might.

Mark 12:30 (KJV) And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment.

- But, why the repetition in this Psalm? Because his soul needs it! And why does David “speak to his inner man not to forget God?” Because we are a forgetful people!
- CRC, we’ve been working on “remembering” for awhile. Back in 2021, we preached a message called “Guarding against Forgetfulness.” We learned:
 1. We forget because we are easily distracted.
 2. We forget because our priorities are often misplaced.
 3. We forget because of our disdain for authority.
 4. We forget because of the flesh, the world, and the devil.
 5. We forget because we do not typically “practice” remembering.
- We offered some ways to practice remembering; add these to Pastor Carey’s closing exhortations last week:
 1. Repent. A repentant posture cultivates appreciation and remembering.
 2. Return. Make a decision to remember.
 3. Read, meditate upon, and delight in the Scriptures.
 4. Sing the Scriptures.
 5. Be faithful to the Local Church; it is designed to spark remembrance!
 6. Appreciate and Utilize Special or “Memorial” Days.
 7. Use some form of Ebenezer, a help to remember.
- **Point of Rejoicing: our LORD wants us to remember and is helping us do so! And there is much to remember!**

Psalms 103:3 (KJV) Who forgiveth all thine iniquities; who healeth all thy diseases;

- The first “benefit” David sings of is the LORD’s forgiveness....His mercy in and grace in the forgiveness of sin! This is the “Best Benefit,” wrought in Jesus Christ!
- Then, David sings of God’s healing power! Our LORD does indeed heal us. Indeed, each day of our lives is actually filled with God’s healing: nutritious food, recovery from illness, vitality and strength, protection from demonic schemes, and more!
- But the “all” is a prophetic word. The LORD heals “all” our spiritual diseases in this life, and all our physical in the next!
- **Point of Rejoicing: He has forgiven us! He has and is healing us!**

Psalms 103:4 (KJV) Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies;

- CRC, you were not merely sick; you were bound for the pit!
- Until the LORD’s redemption, or purchase of you by His own blood!
- And, He does not only snatch you out; He crowns you with undeserved love and mercy!
- **Point of Rejoicing: Oh let us praise the Lamb like the twenty-four elders!**

Revelation 5:8-9 (KJV) And when he had taken the book, the four beasts and four and twenty elders fell down before the Lamb, having every one of them harps, and golden vials full of odours, which are the prayers of saints. 9 And they sung a new song, saying, Thou art worthy to take the book, and to open the seals thereof: for thou wast slain, and hast redeemed us to God by thy blood out of every kindred, and tongue, and people, and nation;

Psalms 103:5 (KJV) Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.

- Beloved, you will only find true “satisfaction” in the LORD our God.
- The word *satisfieth* implies a *filling*. We serve a God who fills! Fills with joy. Fills with contentment! Fills with truth! Fills with purpose!
- In Him, there are good things! First Pardon! Then healing! Then provision and protection! Also food and nourishment! Even restored spiritual and physical vitality! Oh how many live beneath this life of enthusiasm and joy because they don't remember!
- **Point of Rejoicing: David sings to remember the LORD's goodness. We can too!**

Transitional Thought:

We should bless the LORD for His goodness in providing so much for us! He has given us, for example, life, health, strength, family, a local church, financial resources, and the privilege of serving others!

But let us rejoice today over David's first point. Again, the first benefit he names in our Text is *pardon! The deepest redemption is from destruction, and our greatest appreciation should be for our salvation! The satisfaction that renews youthful vigor can only be gained by the Gospel! Let us never forget to praise God daily for this great benefit!*

Praising God for the Best Benefit: Our Salvation in Jesus Christ!

1. Praise Him for Choosing us! (Election)

Ephesians 1:3-6 (KJV) *Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly places in Christ: 4 According as he hath chosen us in him before the foundation of the world, that we should be holy and without blame before him in love: 5 Having predestinated us unto the adoption of children by Jesus Christ to himself, according to the good pleasure of his will, 6 To the praise of the glory of his grace, wherein he hath made us accepted in the beloved.*

- Jesus said, “You have not chosen me, but I have chosen you...” (John 15:16)
- Indeed, from the foundation of the world, Christians have been chosen by Him!
- Why? Because it please Him, for we certainly did not merit His choosing!
- What grace! What mercy! What love! Praise the LORD!

2. Praise Him for Calling us!

1 Peter 2:9 (KJV) *But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light:*

2 Timothy 1:7-9 (KJV) *For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. 8 Be not thou therefore ashamed of the testimony of our Lord, nor of me his prisoner: but be thou partaker of the afflictions of the gospel according to the power of God; 9 Who hath saved us, and called us with an holy calling, not according to our works, but according to his own purpose and grace, which was given us in Christ Jesus before the world began,*

- You were dead in sins (Eph 2:1), a slave to sin and a child of the devil! (Rom 6:17; 1 John 3:10)

- But when He called, He brought you out of darkness! His calling is effectual! (Rom 11:29) Hallelujah!

3. Praise Him for Regeneration!

Titus 3:3-6 (KJV) *For we ourselves also were sometimes foolish, disobedient, deceived, serving divers lusts and pleasures, living in malice and envy, hateful, and hating one another. 4 But after that the kindness and love of God our Saviour toward man appeared, 5 Not by works of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost; 6 Which he shed on us abundantly through Jesus Christ our Saviour;*

- Regeneration is God's sovereign act of the new birth, by which He quickens those dead in sin, giving a new heart and new spirit so they can see and enter the kingdom! (John 3:3; Eph 2:1)
- You were dead! Now you are alive in Christ! Glory!

4. Praise Him for granting Repentance!

John 16:7-8 (KJV) *Nevertheless I tell you the truth; It is expedient for you that I go away: for if I go not away, the Comforter will not come unto you; but if I depart, I will send him unto you. 8 And when he is come, he will reprove the world of sin, and of righteousness, and of judgment:*

2 Timothy 2:24-26 (KJV) *And the servant of the Lord must not strive; but be gentle unto all men, apt to teach, patient, 25 In meekness instructing those that oppose themselves; if God peradventure will give them repentance to the acknowledging of the truth; 26 And that they may recover themselves out of the snare of the devil, who are taken captive by him at his will.*

- Repentance is a Spirit-wrought change of mind and heart in which the sinner, convicted of sin, turns from it unto God. It is both a command of God (Acts 17:30) and granted by God!
- Praise the LORD for Spirit-given conviction, showing us our depravity and need, and granting us this marvelous grace!

5. Praise Him for Imparting the Faith to Believe!

Ephesians 2:8-9 (KJV) *For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: 9 Not of works, lest any man should boast.*

Philippians 1:29 (KJV) *For unto you it is given in the behalf of Christ, not only to believe on him, but also to suffer for his sake;*

- Is grace a gift? Yes! Is our salvation a gift? Yes! Is faith a gift? Yes!
- How can a dead soul believe unless it has been stirred and made alive by the Author of Life? And if our faith is ours alone, can that kind of faith hold us unto salvation? Are you really counting on what you can do to save you?
- Beloved, no one can come to Christ unless the Father draws him! (John 6:44)
- Our faith is a living channel of trust from the creature to the Creator, imparted by Him, wherein we trust in Christ alone for our salvation! Praise God!

6. Praise Him for Justification...for declaring us “Not guilty” and regarding us as righteous!

Romans 5:1-2 (KJV) *Therefore being justified by faith, we have peace with God through our Lord Jesus Christ: **2** By whom also we have access by faith into this grace wherein we stand, and rejoice in hope of the glory of God.*

1 Corinthians 6:9-11 (KJV) *Know ye not that the unrighteous shall not inherit the kingdom of God? Be not deceived: neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor abusers of themselves with mankind, **10** Nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners, shall inherit the kingdom of God. **11** And such were some of you: but ye are washed, but ye are sanctified, but ye are justified in the name of the Lord Jesus, and by the Spirit of our God.*

- Justified is from a Greek word that means “to regard as innocent.” (Strong’s) “To vindicate; to declare our pronounce one to be righteous.” (LSBEC, Thayer)
- Glory to God! **2 Corinthians 5:21 (KJV)** *For he hath made him to be sin for us, who knew no sin; that we might be made the righteousness of God in him.*

7. Praise Him for Adoption!

Romans 8:15 (KJV) *For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father.*

Galatians 4:4-6 (KJV) *But when the fulness of the time was come, God sent forth his Son, made of a woman, made under the law, **5** To redeem them that were under the law, that we might receive the adoption of sons. **6** And because ye are sons, God hath sent forth the Spirit of his Son into your hearts, crying, Abba, Father.*

- Adoption is God’s gracious act of receiving the justified as His sons and daughters, members of His holy household! (Eph 2:19)
- That’s worth repeating! We, by His grace, are sons of God and daughters of God! Our names have been changed! We are in the testament or will! Our names are in the Book of Life! (Rev 20:12) There is an inheritance for us ! We have a room in our Father’s house! (John 14:2)

8. Praise Him for Setting us Apart! (Sanctification)

2 Thessalonians 2:13 (KJV) *But we are bound to give thanks alway to God for you, brethren beloved of the Lord, because God hath from the beginning chosen you to salvation through sanctification of the Spirit and belief of the truth:*

- Sanctification is from *hagiasmos*, which means consecration; purification.
- It is God’s sovereign work in those He has already justified: He sets us apart as His holy people in Christ, and He makes us holy in heart and life.
- So it is biblically fair to say that Christians ARE sanctified and ARE BEING sanctified, or made more fit for His use each day! Praise His Name!

9. Praise Him for Perseverance...for His holy keeping of us!

1 Peter 1:3-5 (KJV) *Blessed be the God and Father of our Lord Jesus Christ, which according to his abundant mercy hath begotten us again unto a lively hope by the resurrection of Jesus Christ from the dead, **4** To an inheritance incorruptible, and*

*undefiled, and that fade not away, reserved in heaven for you, **5** Who are kept by the power of God through faith unto salvation ready to be revealed in the last time.*

John 10:27-30 (KJV) *My sheep hear my voice, and I know them, and they follow me: **28** And I give unto them eternal life; and they shall never perish, neither shall any man pluck them out of my hand. **29** My Father, which gave them me, is greater than all; and no man is able to pluck them out of my Father's hand. **30** I and my Father are one.*

Jude 1:24-25 (KJV) *Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy, **25** To the only wise God our Saviour, be glory and majesty, dominion and power, both now and ever. Amen.*

- Perseverance is God's keeping of His people by His power through faith, so that those He has called and justified will never fall away, but are preserved unto the last day!
- To those who deny this doctrine, how do you know you are holy enough? You sin every day!
- Perseverance declares a Gospel-truth: all the sins of the redeemed have been cast as far from us as east is from west, thrown into the depths of the sea! (Ps 103:12; Micah 7:19)

10. Praise Him for Glorification, His changing us again at the resurrection of the dead!

1 Corinthians 15:50-58 (KJV) *Now this I say, brethren, that flesh and blood cannot inherit the kingdom of God; neither doth corruption inherit incorruption. **51** Behold, I shew you a mystery; We shall not all sleep, but we shall all be changed, **52** In a moment, in the twinkling of an eye, at the last trump: for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed. **53** For this corruptible must put on incorruption, and this mortal must put on immortality. **54** So when this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swallowed up in victory. **55** O death, where is thy sting? O grave, where is thy victory? **56** The sting of death is sin; and the strength of sin is the law. **57** But thanks be to God, which giveth us the victory through our Lord Jesus Christ. **58** Therefore, my beloved brethren, be ye steadfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.*

- Glorification is God's final transformation of the whole man at Christ's appearing! It is the raising and changing of the body into immortality and full likeness to Christ, when salvation is complete! (Rom 8:30; 1 Cor 15:51–53; Php 3:20–21; 1 John 3:2).
- Who you are now is not who you will be! The sin nature will be gone! Eternal life in His Presence awaits! You can rejoice!

CRC, One Application for Today: Praise Ye the LORD!

He chose us, called us, made us alive, granted us repentance, gave us faith, declared us righteous, took us as sons, set us apart, keeps us by His power, and will raise us in glory!

CRC, "Bless the LORD, O my soul: and all that is within me, bless his holy name." Psalms 103 finishes this way:

Psalms 103:6-22 (KJV) The LORD executeth righteousness and judgment for all that are oppressed. **7** He made known his ways unto Moses, his acts unto the children of Israel. **8** The LORD is merciful and gracious, slow to anger, and plenteous in mercy. **9** He will not always chide: neither will he keep his anger for ever. **10** He hath not dealt with us after our sins; nor rewarded us according to our iniquities. **11** For as the heaven is high above the earth, so great is his mercy toward them that fear him. **12** As far as the east is from the west, so far hath he removed our transgressions from us.

13 Like as a father pitieth his children, so the LORD pitieth them that fear him. **14** For he knoweth our frame; he remembereth that we are dust. **15** As for man, his days are as grass: as a flower of the field, so he flourisheth. **16** For the wind passeth over it, and it is gone; and the place thereof shall know it no more. **17** But the mercy of the LORD is from everlasting to everlasting upon them that fear him, and his righteousness unto children's children; **18** To such as keep his covenant, and to those that remember his commandments to do them.

19 The LORD hath prepared his throne in the heavens; and his kingdom ruleth over all. **20** Bless the LORD, ye his angels, that excel in strength, that do his commandments, hearkening unto the voice of his word. **21** Bless ye the LORD, all ye his hosts; ye ministers of his, that do his pleasure. **22** Bless the LORD, all his works in all places of his dominion: bless the LORD, O my soul.

CRC, Hallelujah to the Lamb of God! Hallelujah!

Psalms 21:13 (KJV) Be thou exalted, LORD, in thine own strength: so will we sing and praise thy power.

Psalms 86:12 (KJV) I will praise thee, O Lord my God, with all my heart: and I will glorify thy name for evermore.

Psalms 106:48 (KJV) Blessed be the LORD God of Israel from everlasting to everlasting: and let all the people say, Amen. Praise ye the LORD.

Psalms 113:1-2 (KJV) Praise ye the LORD. Praise, O ye servants of the LORD, praise the name of the LORD. **2** Blessed be the name of the LORD from this time forth and for evermore.

Psalms 116:19 (KJV) In the courts of the LORD'S house, in the midst of thee, O Jerusalem. Praise ye the LORD.

Psalms 146:1-2 (KJV) Praise ye the LORD. Praise the LORD, O my soul. **2** While I live will I praise the LORD: I will sing praises unto my God while I have any being.

Psalms 150:1-6 (KJV) Praise ye the LORD. Praise God in his sanctuary: praise him in the firmament of his power. **2** Praise him for his mighty acts: praise him according to his excellent greatness. **3** Praise him with the sound of the trumpet: praise him with the psaltery and harp. **4** Praise him with the timbrel and dance: praise him with stringed instruments and organs. **5** Praise him upon the loud cymbals: praise him upon the high sounding cymbals. **6** Let every thing that hath breath praise the LORD. Praise ye the LORD.

Praise Ye the LORD!