

## **FBC Service Sunday August 2, 2026, Do Not Forget Psalm 103:1–5**

*"Bless the Lord, O my soul, and all that is within me, bless his holy name! Bless the Lord, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy, who satisfies you with good so that your youth is renewed like the eagle's."*

### **Introduction: Summer in the Psalms**

**Do Not Forget Psalm 103:1-5** We live in a world where memory fades fast. We forget where we left our keys, we forget anniversaries, and as time goes on, sometimes we forget the sheer weight of what God has done in our lives.

**David begins Psalm 103 by talking directly to himself:** *"Bless the Lord O my soul and forget not all his benefits."* Why does David have to command his soul to remember?

Because human hearts are prone to spiritual amnesia. When life gets heavy, or when routine sets in, **we forget** the enormous price paid for our sins on the Cross.

As we gather around the Lord's Table today, David reminds us to not merely remember Christ's death, but to remember everything His death has purchased for us.

Communion is not simply about looking backward.

It's about rejoicing in everything Jesus has accomplished.

As we look at Psalm 103:1–5, it lists six distinct benefits of God's grace. Communion is a great opportunity to reflect on these benefits.

The benefits listed here find their ultimate fulfillment in Jesus Christ, whose broken body and shed blood are represented in the bread and the cup of Communion.

**When was the last time you took a moment think about all the Lord has done for you?**

**Some people consider Psalm 103 the greatest of all the psalms.** We know from the superscription that David wrote these magnificent words.

Spurgeon called it "a Bible within itself" and said it contains "too much for a thousand pens to write."

Let's jump right in. *"Let all that is within me praise his holy name."* *"Forget not all his benefits."*

### **Here Are Six Blessed Benefits of The Lord That We Must Not Forget.**

#### **1. Pardon: "Who Forgives All Your Sins" Psalm 103:3**

**David starts here at the foundation.** Before anything else can happen in our relationship with God, the debt of our sin must be addressed.

Before he mentions physical health, safety, or spiritual strength, he begins at the absolute foundation of human need: **pardon for our sin.**

**Everything else in Psalm 103 rests on this first pillar.** If our sin problem isn't resolved, no other blessing can truly be enjoyed.

David chooses his words with precision. He doesn't say God ignores our sin or excuses it as a minor mistake.

He uses a word (translated "**iniquity**"), which refers to moral perversion, and the deep-seated corruption of the human heart.

**Sin isn't just an accidental trip up; it's the conscious turning of our back on God.**

And yet look at the scope of God's response: **He forgives "All" our iniquity. Not partial pardon:**

God does not put us on probation, waiting for us to mess up again.

He doesn't forgive the small, respectable sins of our public lives while keeping an eye on the hidden closets of our hearts. **We're talking about complete cancellation:**

Later in this very psalm, David uses one of the grandest geography metaphors in Scripture to explain what happens to that guilt: *"As far as the east is from the west, so far does he remove our transgressions from us"* (Psalm 103:12).

Many believers walk through life carrying the phantom weight of some forgiven sin.

You might be here today struggling with a memory from ten years ago, a secret failure from last week, or a pattern of thought you feel deeply ashamed of.

**Satan's primary tactic is to accuse you of something God has already buried.**

**But when God says all, He leaves no remainder.** Your past, your present, and the sins you haven't even committed yet, were all future when Christ died on the cross.

### **The Cost of Pardon: Bridging to the Table**

**How can a holy, perfectly just God forgive all sin without compromising His justice?**

**When Jesus came, He didn't just cover our sin, He absorbed it.**

At the cross, as Isaiah 53:6 puts it, *"all of us, like sheep, have strayed away. We have left God's paths to follow our own. Yet the Lord laid on him the sins of us all,"* so that the full, unmerited mercy and love of God could be poured out on us.

**When you pick up the cup at the Lord's Table today, you are holding the physical emblem of your pardon.**

Paul uses this exact image in Colossians 2:13–14 when he writes that God *"forgave us all our trespasses, by cancelling the record of debt that stood against us... nailing it to the cross."*

**Our record of sin wasn't just erased; it was nailed to the wood of the cross and stamped in Christ's own blood: PAID IN FULL.**

## 2. Healing: "Who Heals All Your Diseases" Psalm 103:3

Sometimes we experience healing in this life. When it happens, it's God's work. If we don't experience healing, we can be sure of the promises of scripture that we will eventually be healed in this life or the next. **God is the Great Physician who brings wholeness to a fractured world.**

While we experience God's physical healing in this life through prayer and medicine, the ultimate fulfillment of this promise points to the Gospel.

People say, "Do you believe in divine healing?" **That's the only kind there is.** It just comes in many different varieties.

After doctors and nurses have done all they can do, and after we have used all the latest technology and taken the newest drugs, healing must come from the Lord.

That's why we pray for the sick. They may be healed by medicine or by surgery or by some other course of treatment, **or they may find healing through prayer or by a miracle from the Lord.**

**All of those things are possible, and they are not mutually exclusive.**

If you were sick and are now healthy, give thanks to the Lord.

If your cancer is in remission, give thanks to the Lord.

If you nearly died after an accident but somehow survived, give thanks to the Lord.

**And remember that any healing in this life is limited and temporary.** Our ultimate healing comes when we are raised on that happy resurrection day when Jesus comes, and then at last we will be totally, completely, and finally healed once and for all.

Between now and then give thanks to the Lord for every bit of healing you experience. If you took an aspirin and now the headache is gone, that too is from the Lord. **Good medicine and good prayer go together.**

Isaiah 53:5 connects our spiritual restoration directly to Christ's sacrifice: *"By his wounds we are healed."* Every ultimate healing, whether immediate, gradual, or finalized in the resurrection, flows from the cross.

## 3. Deliverance: "Who Redeems Your Life from The Pit" Psalm 103:4

Often we are too flippant about God's protection, as if we were in charge of everything.

"What happened today?" **"Nothing."** But think of what didn't happen.

No one robbed you. No one shot you. You weren't fired. Your arthritis didn't flare up, or if it did, you made it through the day. A truck didn't hit you. You weren't rear-ended. No one scammed you on the Internet (though some people tried).

Your identity wasn't stolen; your wife still loves you. Your husband still calls you the love of his life.

You've got your health (what there is of it), your friends, your money, (maybe not as much as you would like, but you're not broke, your job, and on and on it goes.

**Think of all the bad things that could have happened to you today that didn't.**

The fact that you think nothing happened today means that God has been doing his job!

While we are on earth, with all its dangers and troubles, God is constantly at work behind the scenes, working to protect us from trouble, to clear the way ahead, and to give us strength for each new day.

In ancient times, "**the pit**" referred to a place of total helplessness, a place you cannot climb out of on your own. But Jesus stepped down into our pit, paid the ultimate price with His own life, and pulled us out onto solid ground. **Quote Psalm 40.**

**Redemption Is God Lowering Christ into Our Pit to Pull Us into The Light.**

#### **4. Coronation: "Who Crowns You with Steadfast Love and Mercy" Psalm 103:4**

God does not pull us out of the pit only to leave us sitting on the curb as beggars. Look at the language David uses: **He crowns us. O let that sink in! This is royal language.**

In our day only kings and queens wear crowns, but what does it mean for the Christian to be crowned with lovingkindness and the tender mercy of God?

**The crown reminds us of our position as the children of God**

It's the unending, unchanging love of God toward us. He heaps up His blessings, and then He pours them out on us.

He takes us out of the mud of sin and places a crown of tender mercy on our heads. In Christ, we are adopted into the royal family of God (1 Peter 2:9). We are made heirs and joint-heirs with Christ.

#### **5. Satisfaction: "Who Satisfies You with Good" Psalm 103:5**

**The world offers endless appetizers that never satisfy our deep hunger.** We chase career milestones, approval, comfort, and entertainment, yet the soul remains restless.

The hymn writer nailed it when he wrote these words, "O Christ in Thee my soul has found, and found in Thee alone, the peace, the joy I sought so long, the bliss till now unknown. Now none but Christ can satisfy, none other name for me! There's love and life and lasting joy, Lord Jesus, found in Thee."

David declares that true satisfaction comes only from God's goodness. A satisfaction that is so full that you need nothing else, a satisfaction deeper than anything the world can offer.

As we partake of the Communion bread today, we publicly state that Christ alone satisfies the deepest longings of our hearts.

#### **6. Immortal Youth: "So That Your Youth Is Renewed Like the Eagle's" Psalm 103:5**

**Finally, David points to supernatural strength and renewal.** David reaches for one of nature's great pictures of strength, the eagle soaring above the earth.

Isaiah 40:31 says it beautifully: *"They who wait for the LORD shall renew their strength; they shall mount up with wings like eagles."*

God does not promise that our bodies will never grow old, but He does promise that those who belong to Him are being renewed, and one day that renewal will be complete in resurrection.

**There is a way to renew yourself, your energy, your outlook and your attitude.**

It's better than aerobics, cheaper than health food, quicker than dieting, and altogether less strenuous than jogging. **And what is this "miracle cure"?**

Fill your life with God's good gifts to you. And especially embrace God's greatest gift through saving faith in Jesus.

If you will let Him, the Lord will give you something the world cannot match. **The result will be immortal youth.**

The ultimate horizon of this promise is resurrection life, immortal youth in the presence of God forever.

**Look at the progression in Psalm 103:** Every one of these blessings flows from the cross.

He forgives our sin.

He heals our broken condition.

He pulls us from the pit.

He crowns us as royalty.

He satisfies our hungry souls.

He gives us eternal strength.

**Every single one of these benefits was bought for you at Calvary.**

As our deacons come forward to prepare the Communion table in a few minutes, take a moment to quiet your heart. Turn to your soul just as David did, and say: *"Bless the Lord, O my soul, and forget not all His benefits."*

As we come to the end of this magnificent succession of God's benefits to us as believers, they form a perfect summary of thanksgiving for anyone who wants to wake up his soul and praise the Lord.

**Write them on the table of your heart and mind.**

**Conclusion: Coming to the Table**

In a few moments we will take the bread and the cup.

Perhaps today you have been thinking mostly about your failures.

**David reminds you to remember God's forgiveness.**

Perhaps your heart has been wounded.

**Remember His healing grace.**

Perhaps you've become discouraged.

**Remember His redeeming power.**

Perhaps you feel spiritually empty.

**Remember He alone satisfies.**

As we eat the bread and drink the cup, let us not merely remember Christ's death.

**Let us remember all His benefits.**

So before you come to this Table today, do what David did. Speak to your own soul: *'Bless the Lord, O my soul, and forget not all His benefits.'*

And then hear the words of Jesus: *'Do this in remembrance of Me.'*

David says, **'Do not forget.'** Jesus says, **'Remember Me.'** And at this Table today, we do both

**The bread reminds us that His body was given on the Cross for us.**

**The cup reminds us of precious blood that redeemed us.**

Every blessing David celebrates, forgiveness, healing, redemption, steadfast love, satisfaction, and renewed strength, finds its fullest expression in the crucified and risen Saviour.

So before you leave this table today, do what David did.

**Speak to your own heart.**

Say with conviction: ***"Bless the Lord, O my soul, and forget not all His benefits."***

Then rise from the table with gratitude, confidence, and renewed joy, knowing that in Christ you possess riches that neither time, sorrow, nor death can ever take away.