

“BLESS THE LORD O MY SOUL!”

Psa 103:1 A Psalm Of David. Bless the LORD, O my soul; And all that is within me, bless His holy name! Psa 103:2 Bless the LORD, O my soul, And forget not all His benefits:

Psa 103:20-22 Bless the LORD, you His angels, Who excel in strength, who do His word, Heeding the voice of His word. [21] Bless the LORD, all you His hosts, You ministers of His, who do His pleasure. [22] Bless the LORD, all His works, In all places of His dominion. Bless the LORD, O my soul!

Psa 103:1 A Psalm Of David. Bless

(“bawrak” – to kneel down in adoration; to adore; to bless; to congratulate; to praise; to salute; to thank; a strong affection as well as a sense of gratitude)

the LORD

(“YHVH, yahweh, yeh-ho-vaw”), O my soul (“nephesh” - equivalent to mind or heart: my mental and moral powers, as capable of understanding and appreciating his favors. The soul of man was “made” to praise and bless God; to enjoy His friendship; to delight in His favor; to contemplate His perfections. It can never be employed in a more appropriate or a more elevated act than when engaged in His praise.

In the Creation account in Genesis – “soul” - A living man, not only capable of performing the functions of the animal life, of eating, drinking, walking, etc. but of thinking, reasoning, and discoursing as a rational creature.);

And all that is within me, bless His holy name!

“Meaning not only all within his body, his heart, reins, lungs, etc. but all within his soul, all the powers and faculties of it; his understanding, will, affections, and judgment; and all the grace that was wrought in him, faith, hope, love, joy, and the like; these he would have all concerned and employed in praising the name of the Lord; which is exalted above all blessing and praise; is great and glorious in all the earth, by reason of his works wrought, and blessings of goodness bestowed; and which appears to be holy in them all, as it does in the works of creation, providence, and redemption; at the remembrance of which holiness thanks should be given; for he that is glorious in holiness is fearful in praises.” (Gill)

[2] Bless the LORD, O my soul, And forget not all His benefits:

Who forgives all your iniquities,

Who heals all your diseases,

Who redeems your life from destruction,

Who crowns you with lovingkindness and tender mercies,

Who satisfies your mouth with good things, So that your youth is renewed like the eagle's.

Comparison/response to the Aaronic benediction:

Num 6:22-27 And the LORD spoke to Moses, saying: [23] "Speak to Aaron and his sons, saying, 'This is the way you shall bless the children of Israel. Say to them: [24] "The LORD bless you and keep you; [25] The LORD make His face shine upon you, And be gracious to you; [26] The LORD lift up His countenance upon you, And give you peace." [27] "So they shall put My name on the children of Israel, and I will bless them."

Eph 1:3 Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ,

Summary Questions:

1. **Is "Bless the Lord, O my soul" a part of your daily time with the Lord? (Always or almost always? Usually? Seldom? Almost never?)**
2. **How accurate is this description of you and your daily/hourly walk with the Lord?**
"Oh how My child loves Me with all of their heart, with all of their soul, and with all of their strength! Oh how he/she worships Me; adores Me; blesses Me with all that is within him/her"!!

10,000 Reasons (Bless The Lord) – Matt Redman

Verse 1:

The sun comes up, it's a new day dawning/ It's time to sing Your song again/ Whatever may pass, and whatever lies before me/ Let me be singing when the evening comes/

Chorus:

Bless the Lord, O my soul/ O my soul/ Worship His holy name/ Sing like never before/ O my soul/ I'll worship Your holy name

Verse 2:

You're rich in love, and You're slow to anger/ Your name is great, and Your heart is kind/ For all Your goodness I will keep on singing/ Then thousand reasons for my heart to find

Verse 3:

And on that day when my strength is failing/ The end draws near and my time has come/ Still my soul will sing Your praise unending/ Ten thousand years and then forevermore

Jesus, I'll worship Your holy name/ Lord, I'll worship Your holy name/ Sing like never before/ O my soul/ I'll worship Your holy name/ Jesus, I'll worship Your holy name/ I'll worship Your holy name