



# *Last Days Beacon*

November 2022 - Vol. 7, No. 11 L-81

## FORGET NOT ALL HIS BENEFITS - PSALM 103:1-5



*By David Schnittger*

The ministry of Southwest Prophecy Ministries is two-fold. We deal with Bible Prophecy and current events. The nature of our ministry is such that we often deal with corruption and its resulting problems and suffering. Our stock in trade is headlines that tend to be negative and fear inducing. This Thanksgiving month, we are going to allow God to write His own headlines and create His narrative about 2022, directly from the Word of God.

In King David's soliloquy, recorded in Psalm 103:1-5, he urges us toward a totally different mindset from that of fear and discontentment - toward a mindset devoted to *remembrance* and *thankfulness*. Psalm 103 was probably written in David's later years when he had a keener sense of the destructiveness of sin, a higher sense of the preciousness of forgiveness, and a clearer sense of the frailty of life.

The outline of this Psalm is as follows:

- 103:1-5: The Lord's benefits to His people*  
*103:6-19 The Lord's attributes revealed in His benefits*  
*103:20-22 Exhortation for all to bless the Lord*

This article will deal with the first major section of the psalm, dealing with the Lord's benefits to his people. I am including the outline of this passage so we can observe the wonderful God-inspired structure of the text.

## I. WE ARE EXHORTED TO BLESS THE LORD (103:1, 2)

**103** Bless the LORD, O my soul: and all that is within me, bless his holy name.

<sup>2</sup> Bless the LORD, O my soul, and forget not all his benefits:

### A. THIS BLESSING IS TO BE FROM WITHIN (103:1)

The great British preacher of the 19<sup>th</sup> century, Charles Spurgeon, has the following comment regarding this verse:

*He soliloquizes, holds self-communion and exhorts himself, as though he felt that dullness would all too soon steal over his faculties . . . David is saying our very life should be engaged with this delightful service, and each one of us should arouse his own heart to the engagement. Let others murmur, but I will praise. Let others praise themselves and their idols, but I will praise the Lord.*

### B. THIS BLESSING IS TO BE FOR HIS BENEFITS (103:2)

Forgetting God's benefits may have a deeper cause than absent-mindedness. It may point to *pride* as in the case of King Hezekiah of Judah. Notice 2 Chronicles 32:24, 25:

**24** In those days Hezekiah was sick to the death, and prayed unto the LORD: and he spake unto him, and he gave him a sign. <sup>25</sup> But Hezekiah rendered not again according to the benefit done unto him; for his heart was lifted up: therefore there was wrath upon him, and upon Judah and Jerusalem.

Pride is thinking that God owes us His blessings, an attitude of entitlement. Then, if God does not bless us as we think we deserve, we complain. Someone has said, perhaps with his tongue planted firmly in his cheek: *Remember this before you burden other people with your troubles. Half of them aren't the least bit interested, and the rest are delighted that you're finally getting what they think is coming to you!*

Now that David has given his general exhortation to bless the Lord, he now begins to reveal the specific reasons for which this praise is due.

## II. WE HAVE AMPLE REASON TO BLESS THE LORD (103:3-5)

3 Who forgiveth all thine iniquities; who healeth all thy diseases;

4 Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies;

5 Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.

Let's begin to unpack the specific blessings listed in these verses:

### A. BECAUSE HE HAS FORGIVEN US (3a)

Forgiveness of sin is one of the earliest gifts of mercy. In fact, it is the needful preparation of enjoying all that follows it. Till iniquity is forgiven, healing, redemption, satisfaction and renewal are impossible. The pardon granted is a "present" one - *he forgives*; it is "continual", for he *still forgives*, it is "complete" for he forgives *all our iniquities*.

### B. BECAUSE HE HAS HEALED US (3b)

*Healing* - Certainly the Lord performs physical healing, as in the days of His earthly ministry; *disease* here, in context, is more likely a metaphor for diseases of the soul. Healing is an act of spiritual restoration. When the Lord pardons us, He subsequently heals us spiritually. This is not an instantaneous complete healing or "sanctification." Rather, it is a progressive healing that only comes to completeness in heaven. We read in Philippians 1:6:

6 Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ:

God must do a work *in* us before he can do a work *through* us! Spiritual healing, or growth toward Christlikeness, is usually a painful and protracted process. Like preparing a house for painting. In a previous lifetime, I was involved as a housepainter for a few years. I discovered that 85% of the work in painting a house actually consists of making the house look *worse* before it *looks* better. First, you have to spray on a caustic liquid like bleach to begin to wash and loosen the old paint. Then you power wash the house to remove the old paint. Then you use a scraper to remove the remaining paint. Then you sand the house and caulk all the cracks. By this time, the house looks horrible! All of this has to take place before you even *begin* painting! This is an accurate picture of spiritual healing! Why does God put us through all of that pain and suffering? Because the finished product, our sanctification, is worth it!



BEFORE

AFTER

## C. BECAUSE HE HAS REDEEMED US (4A)

The word translated “destruction” or “pit” is another name for *sheol*, which is used 65 times in the OT. Sheol often means the place where the body is placed at death. It can also refer to the place of departed spirits in the Old Testament, both of the righteous and the wicked.

David says here that by purchase and by power the Lord redeems us from the spiritual death into which we have fallen and from the eternal death which would have been its consequence. Had not the death penalty of sin been removed, our forgiveness and healing would have been incomplete portions of salvation. He has pulled us out of the pit of hell and hopelessness and . . .

## D. BECAUSE HE HAS CROWNED US (4B)

This verse literally speaks of “a crown woven out of lovingkindness and compassion.” Charles Spurgeon says in this regard:

*Our Lord does nothing by halves, he will not stay his hand till he has gone to the uttermost with his people. Cleansing, healing, redemption are not enough. He must needs make them kings and crown them . . . Shall God crown us and shall not we crown him? Up, my soul, And cast thy crown at his feet, and in lowliest reverence worship him, who has so greatly exalted thee, as to lift thee from the dunghill and set thee among princes.*



## E. BECAUSE HE HAS RENEWED US (103:5)

No man is ever filled to satisfaction except a believer, and only God himself can satisfy even him. Many a wordling is satiated, but not one is satisfied. God satisfies the very soul of redeemed men. Soul-satisfaction loudly calls for soul-praise, and when the mouth is filled with good it is bound to speak good of Him who filled it. If we never cease to bless Him until He ceases to bless us, our employment will be eternal.

Bill, a friend of mine, grew up on the Kennedy estate in the 1940s, where his father was the groundskeeper. The patriarch, Joseph Kennedy, thought nothing about spending \$250,000 to completely relandscape his property or fill his swimming pool with alcohol for his pool parties. He noticed that Papa Joe never seemed to be happy. One day, Bill, age 12, gathered his courage and asked Joe Kennedy what it would take to make him happy. Without batting an eye, Mr. Kennedy stated, "Another million."

*"Youth is renewed like the eagle"* (v 5). Some think this refers to the periodic molting of the eagle's plumage, resulting in the appearance of renewed youth, strength and activity. Isaiah 40:31 expands on this picture:

**31** But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.



## Conclusion

Thus is the endless chain of grace complete. Sin is forgiven, its power subdued, and its penalty averted; then we are honored, supplied and our very nature renovated, till we are as newborn children in the household of God.

*How has God blessed you thus far in 2022? The Bible says, "Bless the Lord, O my soul, and all that is within me . . . and **forget not** all His blessings." I would encourage you, during this Thanksgiving month of November, to take some time and write down how God has blessed you in 2022. You will find this to be a very encouraging exercise . . . and maybe the beginning of a **GOOD** new habit!*

Bless the Lord, Oh my soul  
And all that is within me  
Bless His holy name

He has done great things  
He has done great things  
He has done great things  
Bless His holy name  
- Andrae Crouch

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