

When You Need to Shake off Apathy, Discouragement, or Gloom

Psalm 103

God calls on you to praise His name...

**God calls on you to “arouse your _____ and _____,”
1,2. The author models his _____ in praise.**

He needs to stir his “inmost being,” “all that is within him,.” He needs to arouse his _____, in spite of how he feels, v 1.

He needs to discipline his _____ to “not forget,” to remember all that God has done for himself and others he knows, v 2.

The fact that to forget such things may have a deeper and subtler cause than absent-mindedness is brought out in the Chronicler's comment on Hezekiah, who 'did not make return according to the benefit done to him, for his heart was proud' (2 Ch. 32:25). A similar point is made in Deuteronomy 8:10—14.¹

How is this done? By reflecting, remembering.

Reflecting on recent _____ received by himself and others in the “congregation,” vv 3-6.

3a. “Forgives sins,” doubtless the greatest benefit of all. David had much to say about these things, Psalm 32, 38, 51,

3b Heals diseases, what a great thing it is when God heals diseases, probably has reference to someone's recent healing.

4, Redeems your life from the pit, “could be an expression simply for rescue from a premature decease (see on 6:5 28:1).”

5, Allen's translation: “the one who has filled your existence with good so that your youth has come back, new as an eagle's”²

...God renews us to be 'young and lusty as an eagle' (PBV)—the very picture of buoyant, tireless strength which Isaiah 40: 30f. takes up. As Weiser comments: 'The poet realizes that the opportunities which life offers lie before him just as they did in the sunny days of his youth.' In different terms, see on 92:14, with its serene prospect of 'fruit in old age'.³

6, the Lord had recently vindicated someone from injustice.

¹ Kidner, *Psalms*, p. 364

² Allen, *Psalms*, p. 17.

³ Kidner, *Psalms*, p. 365

...the Lord manifested both His *righteousness*, that is, the vigor with which He maintains His covenant obligations, and His *justice*, that is, the fairness with which He upholds the rights of those who have been wronged..⁴

By reflecting on the _____ of God as expressed in his great deeds to his people, 7-18

He revealed himself authoritatively to his people in history, this revelation is expressed two ways, v 7

By his compassionate _____ of sins (Exodus 34: 6-7)

Slow to anger, 8b, 9b

Does not treat us as we deserve, 10.

His forgiveness is "incomprehensible," 11-12.

By his compassionate " _____ " treatment, 13.

He knows us, v 14

He remembers of what stuff we are made, v 14

He remembers our "short-lives," 15-16.

Because of this, his children can be assured of his compassion forever, 17-18.

By reflecting upon his _____, v 19.

The author reminds all who read that believers should never grow careless about _____, 11, 13, 17-18.

But that, as a very proper phrase interjected at this point reminds all readers, is an aspect of the character of the Lord with which only "those who fear Him" may comfort themselves. The psalmist would not carelessly give unwarranted comfort to persons who are careless about sin.⁵

The author calls on all beings of creation to bestir themselves to praise God, 20-22a.

But he reminds himself of the most important person in the situation who needs to responsibly praise God, _____, 22b.

Who is God?	What has he said?	What has he done?	What does that mean to me?

⁴ Leupold, *Psalms*, p. 717.

⁵ Leupold, *Psalms*, p. 719.