



## **Benefits of Believing**

### **December 16, 2018**

### **Psalms 103:1-22**

*“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” (Psalms 103:1-2).*

In Psalms 103, David answers at least three questions. First, “Who blesses the LORD and makes God happy and joyful?” David answers: “Those who enjoy the benefits the LORD has given them.” Second, “What are some of the benefits the LORD has bestowed on those who make the LORD rejoice?” David answers: “These benefits include forgiveness for all our iniquity (He does not deal with us according to our sins), the healing of all our diseases (in this life or in eternity), righteousness and justice for all who are oppressed, redemption from the pit (from the grave and destruction), extra strength in old age, the crown of God’s steadfast love and mercy, and God’s daily gifts of mercy, grace, patience, and love (for He knows we are but dust).” Third, “How can anyone receive these benefits from the LORD and enjoy a mutually happy relationship with God forever?” David answers: “Those who benefit in these and other ways are those who fear or deeply reverence the LORD, keep his covenant, and remember to do his commandments.” You may ask, “But what about me today?” In Jeremiah 31:31, Jeremiah prophesied, “Behold, the days are coming, declares the LORD, when I will make a new covenant with the house of Israel and the house of Judah.” Jesus came and made this new covenant in His blood and declared: “Whoever has my commandments and keeps them, he it is who loves me. And he who loves me will be loved by my Father, and I will love him and manifest myself to him” (John 14:21).

## Thinking Further

1. What are some ways you can bless the LORD?
2. What are some of the benefits people can receive from trusting in God?
3. What does the LORD expect from His people?
4. Does the LORD ever get angry with people because of their sins? Explain your answer.
5. How great is the LORD's steadfast love toward those who fear Him?

Begin or close your class by reading the short weekly *International Bible Lesson*.  
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Contact: P.O. Box 1052, Edmond, Oklahoma, 73083-1052 and [lgp@theiblf.com](mailto:lgp@theiblf.com).