

Part 2 – Many Benefits from the Lord

In chapter one-hundred-three, part 1, we learned the subject/title of this Psalm is “**The Coming Kingdom**”, which looks forward (prophetically) to how God’s creation *will* ‘bless’ Him, when Jesus returns to rule the earth forevermore. And we learned that ‘blessing’ the Lord (YHWH) can mean several things, the first of which is that it’s an act of adoration, which is why praising Him is part of ‘blessing’ Him. But, ‘blessing’ the Lord (YHWH) also means ‘showing forth His salvation’ each day. So, we should ‘bless’ Him through our words, and actions, in our daily life. Thus, ‘blessing’ our Heavenly Father (YHWH) is also *helping others to get to know Him*, whether that’s done by planting seeds of truth, through the way we speak and act (i.e. in accordance to God’s Word) and/or using the gift(s) God has given to us. So, you could even say that ‘blessing God’ is sharing the Gospel of Jesus Christ via our good words (and works), using our God-given gifts, and even through our countenance, i.e. the true peace of mind we have, *despite* living in such a world full of sin and wickedness. But, this Psalm also speaks of many *reasons* we have to ‘bless’ the Lord, *even today*; which is why David also told us to ‘bless’ the Lord (YHWH) by not forgetting *all* His benefits. So, being thankful to our Heavenly Father is another critical part of ‘blessing’ Him. However, it’s also healthy for our soul; for being grateful for what we have helps to keep covetousness (idolatry) out of our inner man (heart and mind).

And then, David began to give some examples of the Lord’s many ‘benefits. And the first ‘benefit’ he reminded us of, is all the times our Heavenly Father has graciously forgiven our iniquities - which means our sins, which *stem from* a perverse (unclean) spirit (heart and mind). And, this is truly something to be grateful for because, even after we’ve accepted Jesus Christ, we’re still going to sin (even though we try not to), as Paul pointed out in Rom 3:23. But, when we repent sincerely, we’re *always* forgiven *totally*, so long as we believe in Jesus Christ and are earnestly repentant (sincerely sorry and strive to change our sins, from the heart). And then David also reminded us that our Heavenly Father is also gracious to heal all our diseases. And this is another thing we all have to be grateful for because, we all get sick at times. And sometimes our sickness might only be in our own heart (desires, emotions, intentions and motivations) and mind (thoughts). But, if we come to our Heavenly Father and ask for a healing, He’s quite gracious to give it, especially if we are faithful to study His Word (which is what heals us inwardly) and to strive to take care of our flesh (which is what heals our flesh).

But, even if we have a flesh sickness that lasts a while, we should *still be thankful* for the many times (in the past) He’s healed us (physically and spiritually). For that only reminds us of His abundant grace and mercy, which gives us hope (and assurance) He will continue to heal us in the future, if we keep our faith in Him strong. And, since we all have to die someday (Heb 9:27), it might not be in God’s will to heal our fleshly diseases. But at the very least, we can come to Him for *spiritual* healing, so we can depart this flesh body with *peace of mind* that we’ll soon be

with our Heavenly Father (and Jesus Christ), which is ‘much better’ (2 Cor 5). But, David is not done reminding us of the Lord’s many ‘benefits’ we should be careful to ‘bless’ Him for...

Psalms 103

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

So, these are *more* reasons we have to ‘bless’ our Heavenly Father (YHVH). The word ‘**redeemeth**’ here is a prim root that means *to redeem* (according to the Oriental law of kinship), i.e. *to be the next of kin* (and, as such, to buy back a relative's property, marry his widow, etc.) (#1350) which is why it’s also been rendered as *avenger, deliver, purchase, ransom* and *redeem*. And then the word ‘**life**’ here means *alive* (as in flesh), *fresh* (as in plant, water, year), *strong* and *life* (or living thing), whether literally or figuratively (#2416). And then the word ‘**destruction**’ means *a pit (especially as a trap)* and, figuratively, also means *destruction* (#7845). Now, this first reason (in verse 4) to ‘bless’ the Lord (YHVH) is certainly two-fold. For, our Heavenly Father does indeed deliver our life (in the flesh body) from all sorts of ‘destructions’ - from accidents, to people who want to harm us, to our own mistaken actions that put our flesh lives in jeopardy. Since we know this Psalm was written by David, we can look at the history of his life (which is written of in the Bible) and see the *many* times the Lord (YHVH) delivered him from being killed, even from the hands of his own son (Absalom).

But, of a truth, our Heavenly Father also ‘redeems’ us (saves us) out of many *spiritual* traps that lead us to the *destruction of our spiritual life*. And the **main** spiritual trap is that of *deception*, as Jesus warned us about in Mth 24:4-5,11, 21-27 (among other places). And the *reason* this is the *worst* ‘destruction’ is because, when we believe lies (which Satan is the ‘father’ of, John 8:44) then we are fooled into rebelling against our Heavenly Father (sinning willfully), which is what will ultimately cause our *spiritual* death (i.e. being blotted out of existence, Rev 20:10-15). As Paul warned us in 2 Cor 11:13-15, those who teach lies do so by *disguising* themselves as the ‘apostles of Christ’ and ‘ministers of righteousness’, just as Satan disguises himself as an ‘angel of light’ (2 Thess 2, Rev 13). And the ‘lies’ they present are *disguised as truth*! And, when we *believe* something is true, then *we’ll act upon it*. For example, some ‘false apostles’ teach that Jesus ‘did away’ with God’s Laws. While Jesus did fulfill the blood sacrifices (Eph 2:14; Col 2:15; Heb 10:10), He *didn’t* do away with God’s Ten Commandments, nor the Statutes or Judgments (that don’t pertain to blood sacrifices), as Jesus Himself said in Matt 5:17: *Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfil*. But, if you *believe* the lie (that we don’t have to obey God’s Laws) then you’ll act upon that lie *and sin willfully because* you are foolish enough to think God won’t punish you for doing so. This is why **Church is Not Christianity** [<https://t.me/BibleStudyDownload/212>].

In other words, being a Christian isn't about going to 'Church' and doing whatever *they* say. Truly being a Christian means you study God's Word (yourself) and strive to obey Him, *from the heart*. And *that* (the *truth*) is what saves your spiritual life (soul and spirit) from *spiritual* death, i.e. being blotted out of existence in the 'lake of fire' at the end of the Millennium (Rev 20:10-15). And that's why this Psalm (103:4) says that the Lord (YHVH) 'redeemeth' our life from destruction. It's *only* through the *blood of Jesus Christ* that our sins are atoned for, which IS what redeems (buys back, i.e. saves us) from spiritual death (Rom 3:24; Eph 1:7; Col 1:14; Heb 9:12-15). To learn more about how Jesus Christ is truly **Our Kinsman Redeemer**, you can check out this special study on the subject [<https://t.me/BibleStudyTruth/1347>].

And then, in the latter part of verse 4 (here in Ps 103), David also gives us another reason to 'bless' the Lord (YHVH), i.e. because He ***crowneth thee with lovingkindness and tender mercies***. The word '**crowneth**' is a prim root that does mean **to crown** but it also means **to encircle for attack or protection** (#5849), the latter (i.e. protection) being the reason He crowns us (spiritually) with His lovingkindness and tender mercies. And then the word '**lovingkindness**' means (in the context of this verse) **kindness** (#2617) and is actually often rendered as 'mercy' or 'merciful'. And the words '**tender mercies**' actually means (in the context of this verse) **compassion** (in the plural) (#7356). And truly, God's compassion (tender mercies) and kindness (lovingkindness) towards us **is what** redeems our life (spiritually and physically) from destruction (death or getting hurt). And that's because we truly are not deserving of His love and protection - *for we've all sinned, and come short of the glory of God* (Rom 3:23). And, even when we try (sincerely) to obey our Heavenly Father, we still fall so short from His glory (righteousness) that we're all *as an unclean thing*, and *all our righteousness's are as filthy rags* (Isa 64:6). And that's *why* we must accept the blood that Jesus Christ shed to atone for our sins (Rom 5:11).

Truly, the only good 'thing' in us is the Word of God and the Holy Spirit. That's why, if we don't want to receive the cursings that the wicked people get (and eventually, be blotted out of existence), we must put off our 'old man' *which is corrupt according to the deceitful lusts* (Eph 2:22), and *not serve sin any longer* (Rom 6:6). We do this by *renewing in the spirit of your mind* (Eph 4:23) *through studying God's Word* (Col 3:10) so the Holy Spirit will help us put on the 'new man', *which is created in righteousness and true holiness* (Eph 4:24). And that (again) is how we are, spiritually, 'redeemed' by the 'blood' of Jesus Christ. For, it's because Jesus shed His righteous blood for us (and was raised back to life again) that we *can* receive the blessed Holy Spirit (Acts 2:33) that ***raises us up to a higher way of thinking*** **and** changes our filthy heart so we desire to please (and obey) our Heavenly Father *instead of* the carnal (fleshly) lusts that truly drag us down into sin and wickedness, which only leads to spiritual death. As Rom 8:6 says, *to be carnally minded is death; but to be spiritually minded is life and peace*. And, therefore, *the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord* (Rom 6:23).

Psalm 103

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

And here's another reason to 'bless' the Lord (YHVH). The word '**satisfieth**' means **to state**, i.e. **fill to satisfaction** (#7646). And the word '**youth**' can also mean **young people** (#5271) while the word '**renewed**' mean **to be new** or **rebuild** (#2318). And David uses the eagle here because it represents strength, endurance, and the ability to soar high in the sky and for long periods of time. Naturally, this too has a two-fold meaning. For, good (healthy and tasty) food *does* give our flesh body strength and vitality, which we certainly *do* need while living in a flesh body. But, we also need good spiritual food as well. And, our Heavenly Father is also gracious to give that to us as well. As Jesus said in John 6:35: *I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.* And a few verses later He further explained...

48 I am that bread of life.

49 Your fathers did eat manna in the wilderness, and are dead.

50 This is the bread which cometh down from heaven, that a man may eat thereof, and not die.

*51 **I am the living bread which came down from heaven:** if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world.*
John 6:48-51

Jesus' point was that *physical* food *can't* make our flesh body live forever. However, our 'inner man' (soul and spirit) can live forever, *but* we need the true 'bread of life', which is the *spiritual* food we find only in God's Word (John 1:1, 14). And Jesus used a common analogy to explain this by stating we must 'eat' His flesh and 'drink' His blood. This simply means we need to digest (in our heart and mind) the words that He taught us (which were the same words written in the Old Testament). After some people took offence to this (for they thought He was speaking of cannibalism, which He definitely was not), Jesus later clarified to His disciples, what He meant when saying we must eat 'His flesh' and 'drink His blood'. Again, it was simply an analogy (and a commonly used one at that) to explain that we need to digest (in our heart and mind) what He said. As Jesus said in verse 63: *It is the spirit that quickeneth; the flesh profiteth nothing: **the words that I speak unto you, they are spirit, and they are life.*** So, the Words that Jesus spoke (which are the Word of God, John 1:1, 14) are God's Holy Spirit in written form. And that's *why* the Word of God gives *life* to our spirit (heart and mind) *because* it communicates to us (in written form) **the truth** (John 17:17), which is what we need to live forever (as Jesus pointed out in John 6:63).

So (going back to the analogy of the Lord (YHVH) giving us good food so our youth is renewed like an eagle's), this verse gives us a metaphor that clearly symbolizes how God's Word (and

Holy Spirit) gives us renewed energy, and strength, when we study and digest (think about deeply and understand) His Words. As Prov 4:22 says, God's Word are *life unto those that find them, and health to all their flesh*. And Ps 111:5 also tells us that, when we 'fear' (love and obey) our Heavenly Father, He will give us 'meat' (food) because *that's part of His covenant*, as Deut 28 and Lev 26 explains. And, in Matt 6:30-34, Jesus also warned us not to be obsessed with filling our bellies or what we wear (fashion) because, so long as we seek *first* the kingdom of God, *and his righteousness* (i.e. doing what's right), then all those things shall be added unto us (vs 33). So, if we keep learning God's Word, and obeying it (from the heart) as the *top* priority in our life, then we *will* indeed be given all other things we really need to live. Of course, this does not mean we should neglect our other duties, such as to our family or workplace; it simply means obeying our Heavenly Father must be the utmost priority in life.

But note, Jesus didn't promise God would fulfill all our *lusts*, simply our *needs*. But usually, if you really do love and serve Him (wholeheartedly), He gives you *much more* than you actually need too. Jesus summed it up rather well in John 6:27, when He said: *Labour not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for him hath God the Father sealed*. Again, while that does not mean we *shouldn't* work to feed ourself and family, it means we should not disobey God's Word in order to get more money, as people so often do. Many sell their Christian morals out to get a better job, or keep the one they have - not because they can't feed their family - but simply because they *want* (lust after) *more money*, which is why 1 Tim 6:10 says that *the love of money is the root of all evil*. While having money (even a lot of it) is *not* bad, loving it (and lusting for more of it) *is* bad because *it corrupts our soul*. If we don't trust in the Lord to provide for us (and be happy and content with what we have) then we **will** discard God's Laws and do *whatever* is needed to get *more* (and more and more...) money. And *that's* how so many people get sucked into sinning *as a way of life*, which eventually leads people to doing some very evil things. That's why we should be content with having things we need (a home, food, clothing and a job)...

6 But godliness with contentment **is great gain**.

7 For we brought nothing into this world, and it is certain we can carry nothing out.

8 And having food and raiment let us be therewith content.

9 But they that will be rich **fall into temptation and a snare**, and into **many foolish and hurtful lusts, which drown men in destruction and perdition**.

1 Tim 6:6-9

And that's why trusting in our Heavenly Father to help you make 'ends meet' (and provide the basics for yourself and family) is so important in life. If we don't trust in our Heavenly Father then we **will** *eventually* do things that are *very* bad. And if we 'want' to be rich (vs 9 above) we **will** fall into temptations and snares (because of lust) because we'll eventually 'do anything' to get the better job or find other ways to make a 'lot of money', which are usually not legal in

terms of man's laws, let alone acceptable to our Heavenly Father's Laws. And that (to reiterate) is *why* we should remember to 'bless' our Heavenly Father (thank and praise Him) for all that He's given us. When we have a *grateful mindset*, then covetousness (which is idolatry, Col 3:5) *has no room in our heart*. But, as soon as we lust (for anything) we 'open the door' to sin. But, if we do remain grateful, and remember to 'bless' our Heavenly Father, He *will generously* provide for our needs, *in every sense* (spiritually and physically). And (to reiterate) that's *why* we should 'bless' (praise and thank) Him for our 'daily bread' (Mth 6:11), both that which is physical and spiritual, for we need both!

*7 The law of the LORD is **perfect**, converting the soul: the testimony of the LORD is **sure**, making wise the simple.*

*8 The statutes of the LORD are **right**, rejoicing the heart: the commandment of the LORD is **pure**, enlightening the eyes.*

*9 The fear of the LORD is **clean**, enduring for ever: the judgments of the LORD are **true and righteous altogether**.*

10 More to be desired are they than gold, yea, than much fine gold: sweeter also than honey and the honeycomb.

*11 Moreover by them is thy servant warned: and in keeping of them there is **great** reward.*

12 Who can understand his errors? cleanse thou me from secret faults.

*13 **Keep back thy servant also from presumptuous sins; let them not have dominion over me: then shall I be upright, and I shall be innocent from the great transgression.***

14 Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.

Ps 19:7-14

We'll pick this up in part 3...

AMEN.