



**Bless the LORD,
O My Soul
Psalm 103:1-7**

Alberto Restifo

**Why is worship
worth it?**

1 Bless the Lord, O my soul,
and all that is within me, bless his holy name!

2 Bless the Lord, O my soul,
and forget not all his benefits,

Psalm 103:1-7 (ESV) (p.1/4)

3 who forgives all your iniquity,
who heals all your diseases,

4 who redeems your life from the pit,
who crowns you with steadfast love and mercy,

Psalm 103:1-7 (ESV) (p.2/4)



5 who satisfies you with good
so that your youth is renewed like the eagle's.

Psalm 103:1-7 (ESV) (p.3/4)

6 The Lord works righteousness
and justice for all who are oppressed.

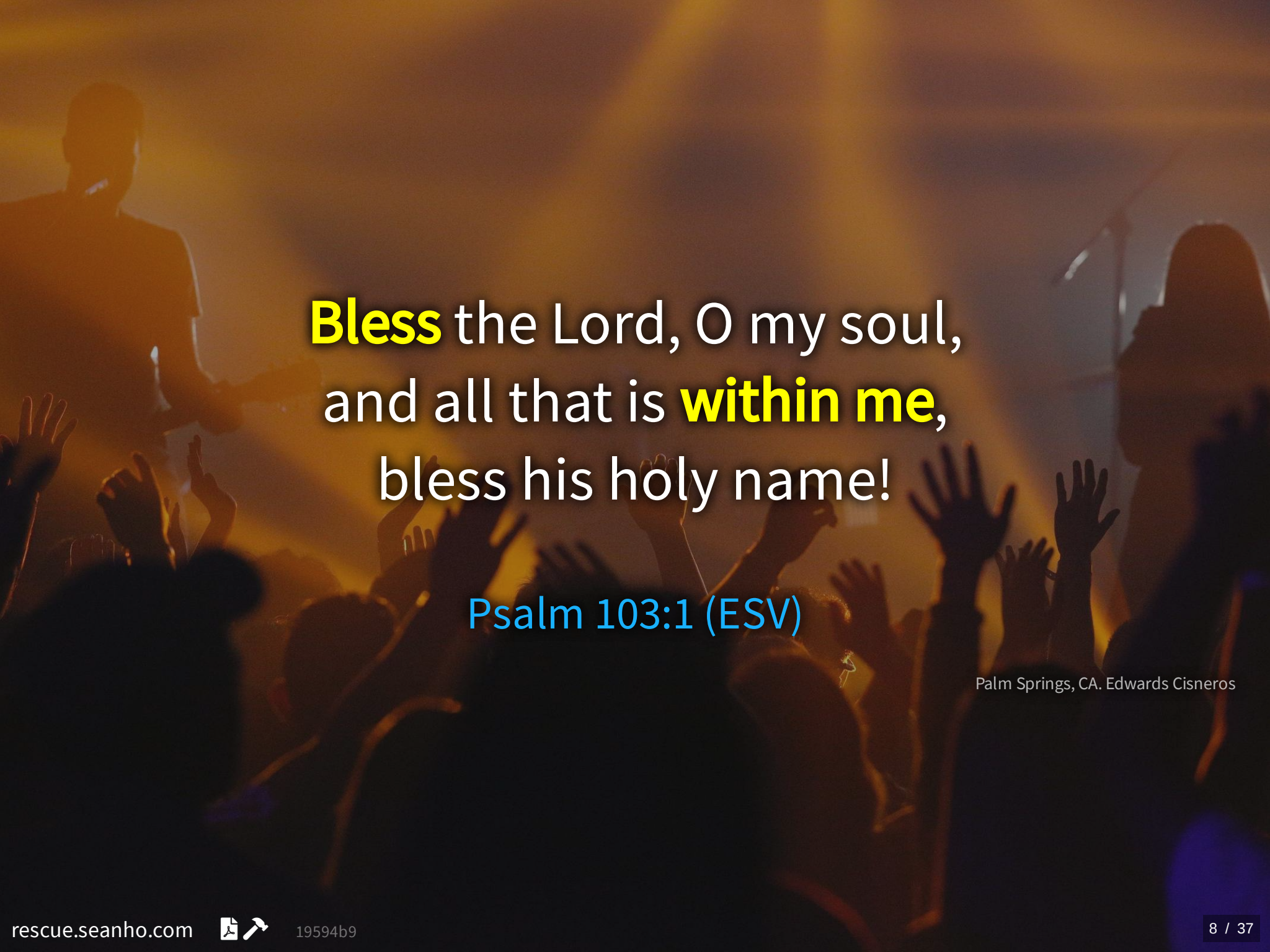
7 He made known his ways to Moses,
his acts to the people of Israel.

Psalm 103:1-7 (ESV) (p.4/4)

Ps 103 Overview

1. God's **Conduct** with Us (v1-7)
2. God's **Compassion** toward Us (v8-14)
3. God's **Constancy** in Love and Might (v15-22)

Montreal, CA. Marc-Olivier Jodoin



Bless the Lord, O my soul,
and all that is **within me**,
bless his holy name!

Psalm 103:1 (ESV)

Palm Springs, CA. Edwards Cisneros

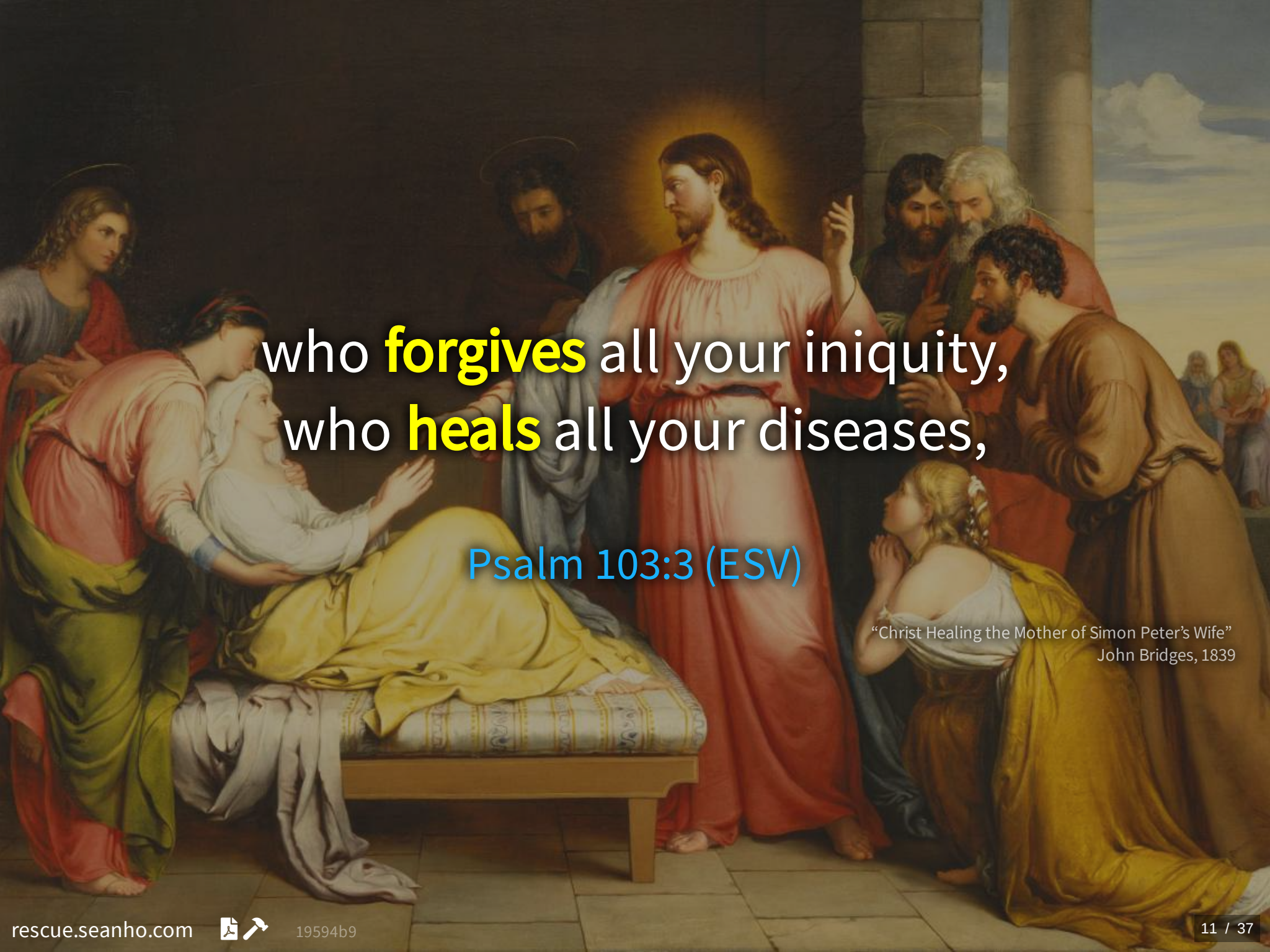
Bless the Lord, O my soul,
and **forget** not all his **benefits**,

Psalm 103:2 (ESV)

Claudio Testa

Bless the LORD (Ps103)

1. **Heals** Us in Body and Soul (v3)
2. **Lifts** Us from Pit to Glory (v4)
3. **Supplies** Us with
Strength and Satisfaction (v5)
4. **Rescues** and Advocates for Us (v6-7)



who **forgives** all your iniquity,
who **heals** all your diseases,

Psalm 103:3 (ESV)

“Christ Healing the Mother of Simon Peter’s Wife”
John Bridges, 1839



Which is easier, to say to the paralytic,
'Your sins are **forgiven**';

or to say,
'**Get up**, and pick up your pallet and **walk**'?

Mark 2:9 (ESV)

Nikolay Svishchev-Paola, "Beggar with a Lyra", 1900

And the prayer of **faith**
will **save** the one who is sick,
and the Lord will **raise** him up.
And if he has committed **sins**,
he will be **forgiven**.

James 5:15 (ESV)

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How has God
healed us,
body and soul?

Bless the LORD (Ps103)

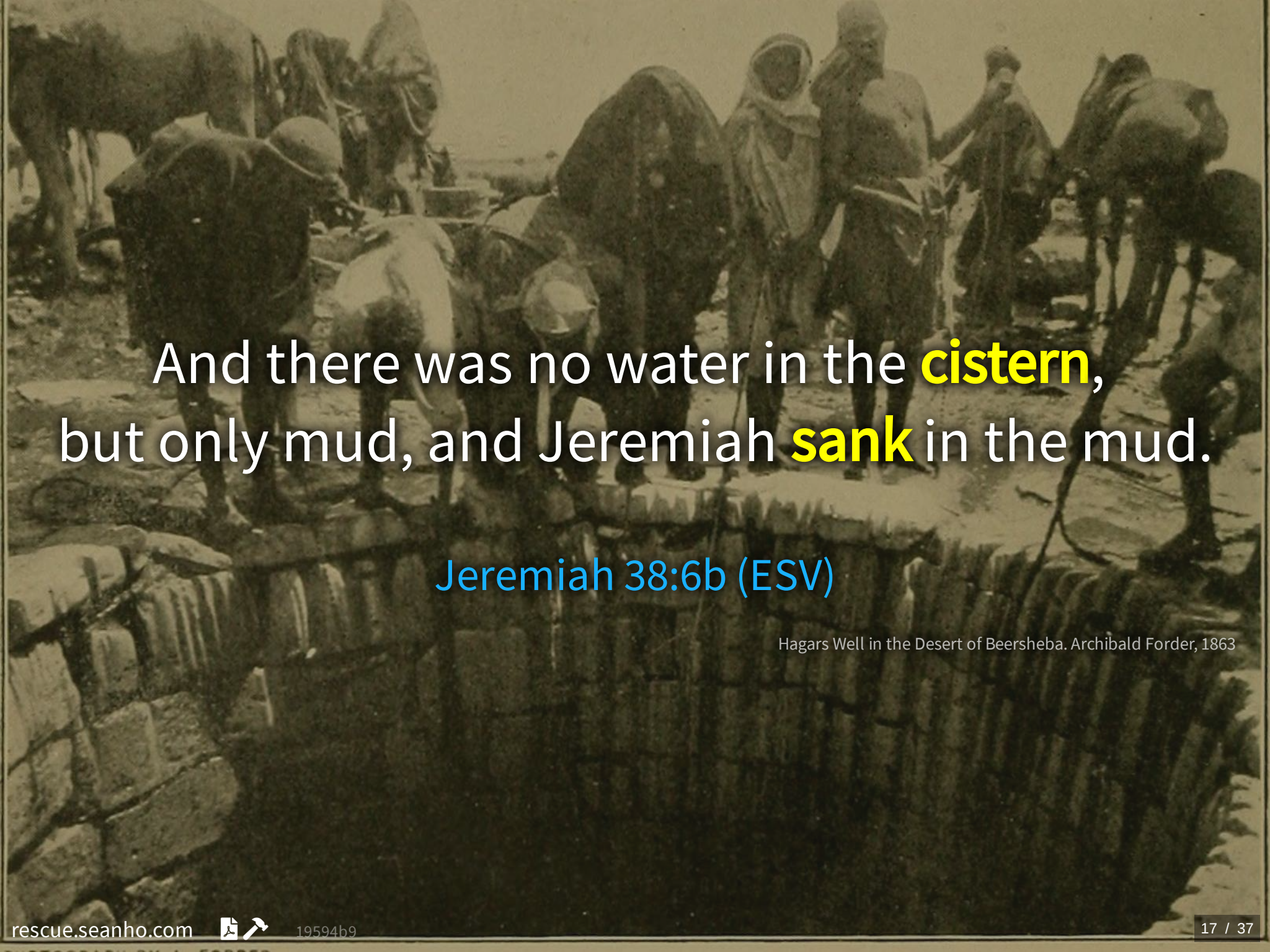
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who **redeems** your life from the **pit**

Psalm 103:4a (ESV)

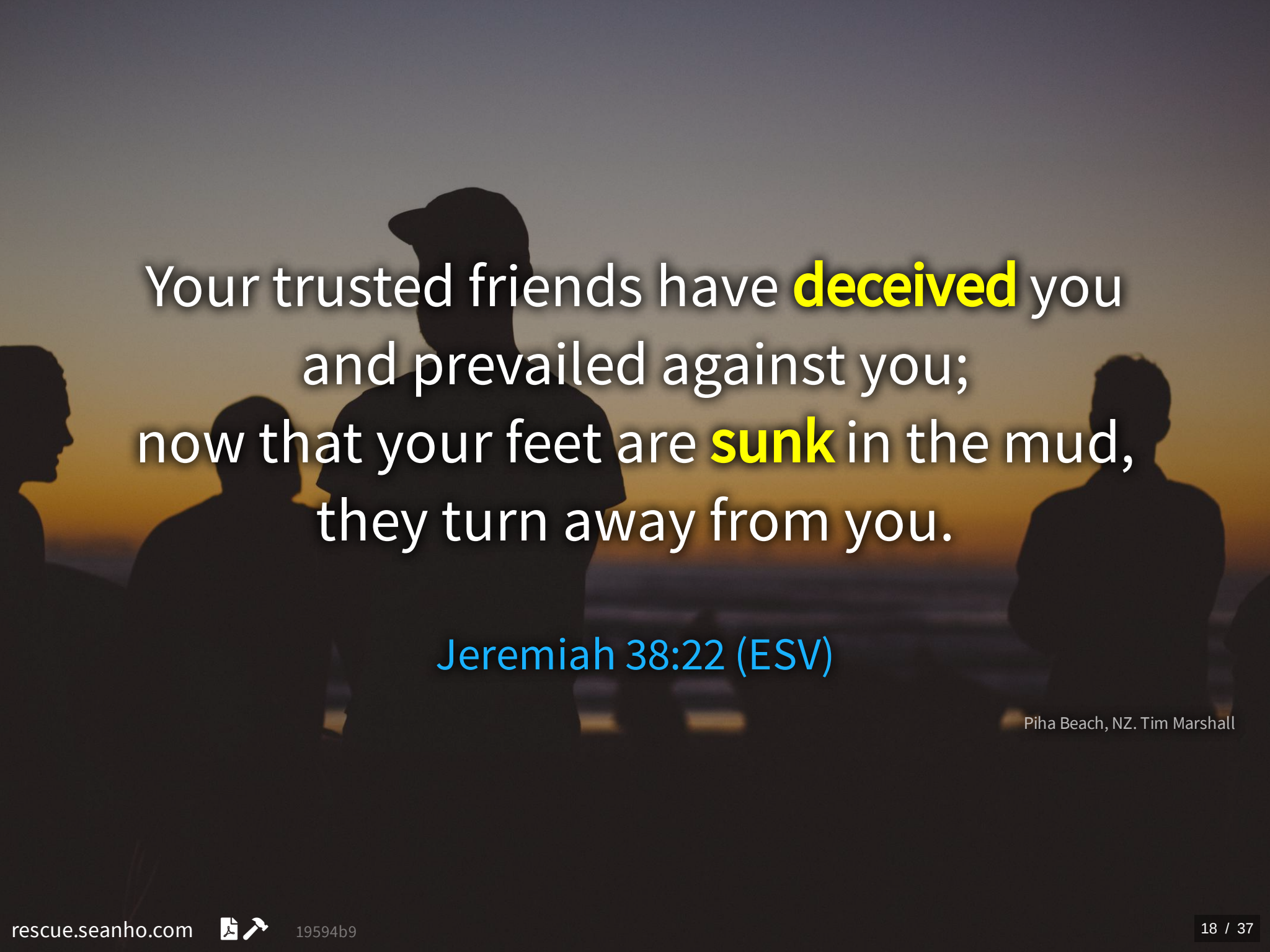
Iswanto Arif



And there was no water in the **cistern**,
but only mud, and Jeremiah **sank** in the mud.

Jeremiah 38:6b (ESV)

Hagars Well in the Desert of Beersheba. Archibald Forder, 1863

The background of the slide features silhouettes of several people standing on a beach, looking out at the ocean during a sunset. The sky is a mix of orange, yellow, and blue, with the sun low on the horizon. The people are in the foreground, their forms dark against the bright sky.

Your trusted friends have **deceived** you
and prevailed against you;
now that your feet are **sunk** in the mud,
they turn away from you.

Jeremiah 38:22 (ESV)

Piha Beach, NZ. Tim Marshall



who **crowns** you with **steadfast love** and mercy

Psalm 103:4b (ESV)

Gdynia, Poland



But you, O Lord, are a **shield** about me,
my **glory**, and the **lifter** of my head.

Psalm 3:3 (ESV)

Paul Morris

When have I
been in the **pit**?

How has God
lifted me?

Bless the LORD (Ps103)

1. Heals Us in Body and Soul (v3)
2. Lifts Us from Pit to Glory (v4)
3. **Supplies Us with
Strength and Satisfaction** (v5)
4. Rescues and Advocates for Us (v6-7)

A man wearing a hat and a grey hoodie is sitting on a rocky outcrop, looking out over a vast landscape. In the foreground, there are grey rocks and some green and yellow vegetation. The middle ground features a dense forest of evergreen trees. In the background, a large, turquoise lake is visible, surrounded by rugged mountains under a sunset sky with orange and purple hues.

who **satisfies** you with **good**

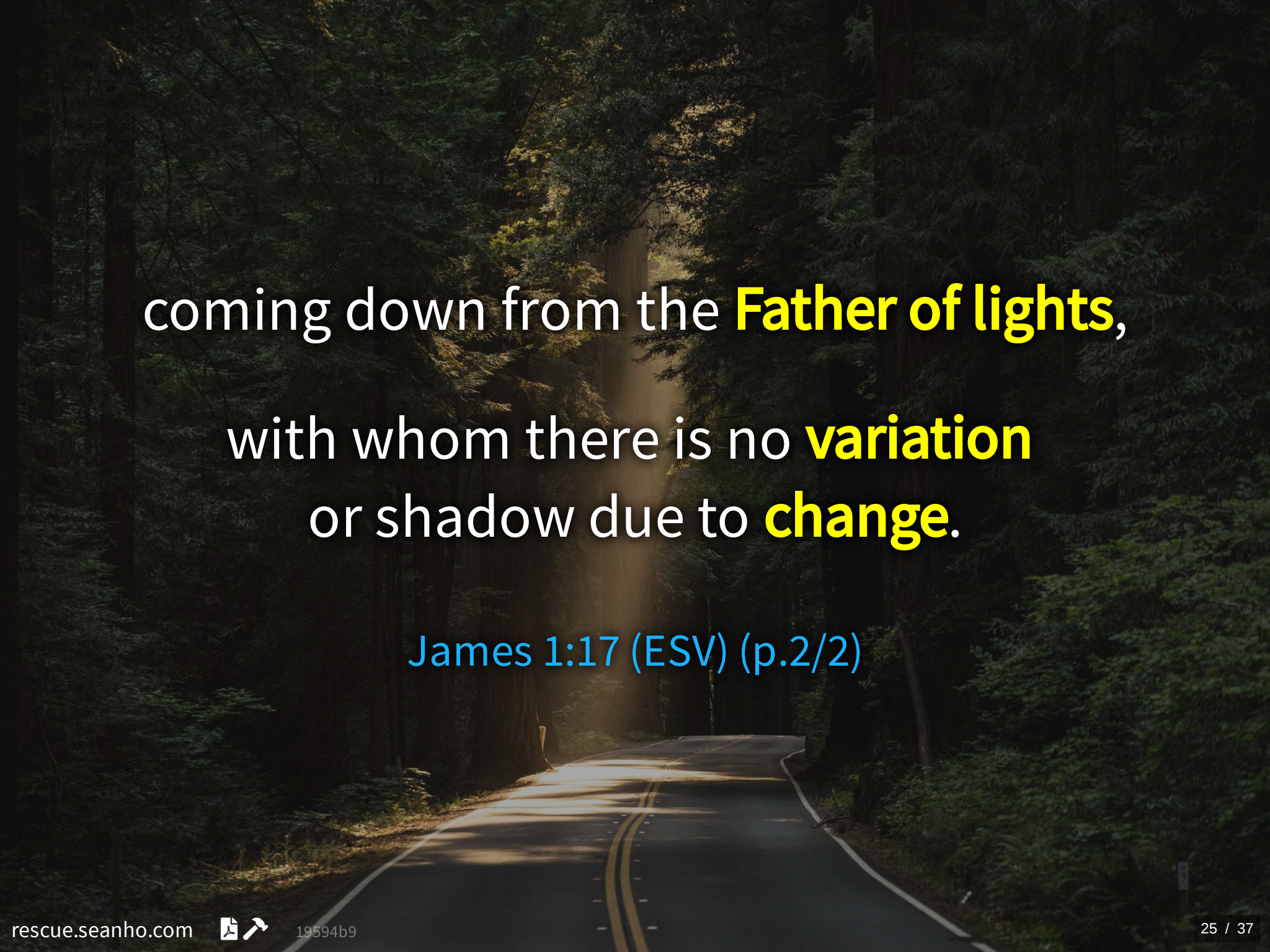
Psalm 103:5a (ESV)

Banff, AB. Kalen Emsley

Every **good gift** and every **perfect gift**
is from above,

James 1:17 (ESV) (p.1/2)

Avenue of the Giants, CA. John Towner

A photograph of a paved road with double yellow lines, curving through a dense forest. Sunlight filters through the trees, creating a bright path on the road and illuminating the scene. The text is overlaid on the image.

coming down from the **Father of lights**,
with whom there is no **variation**
or shadow due to **change**.

James 1:17 (ESV) (p.2/2)



so that your **youth** is renewed
like the **eagle**'s.

Psalm 103:5b (ESV)

Woodbine, NJ. Ray Hennessy

What **good** and
perfect **gifts** has
God given to me?

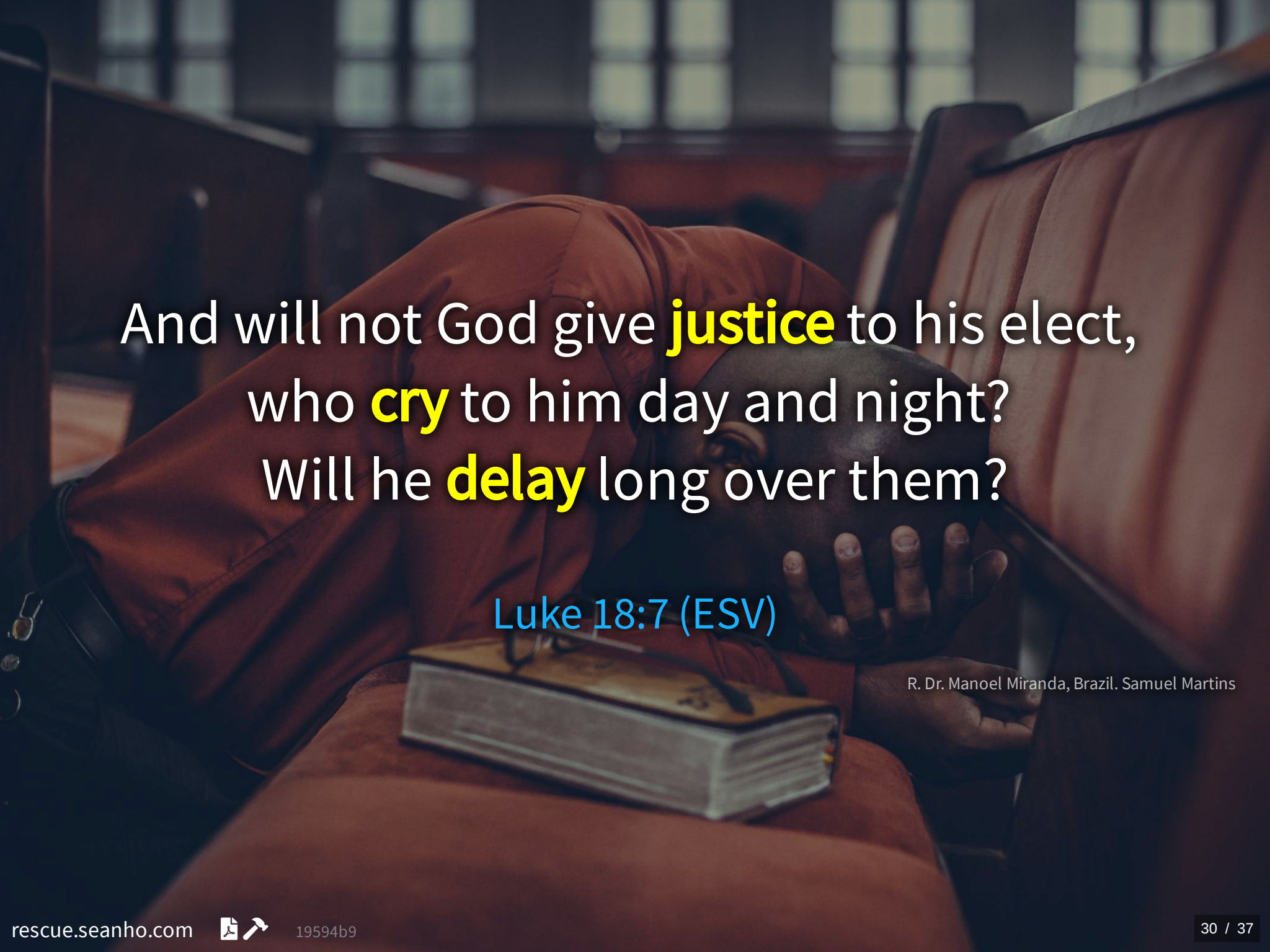
Bless the LORD (Ps103)

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Strength and Satisfaction (v5)
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The Lord works **righteousness**
and **justice** for all who are **oppressed**.

Psalm 103:6 (ESV)

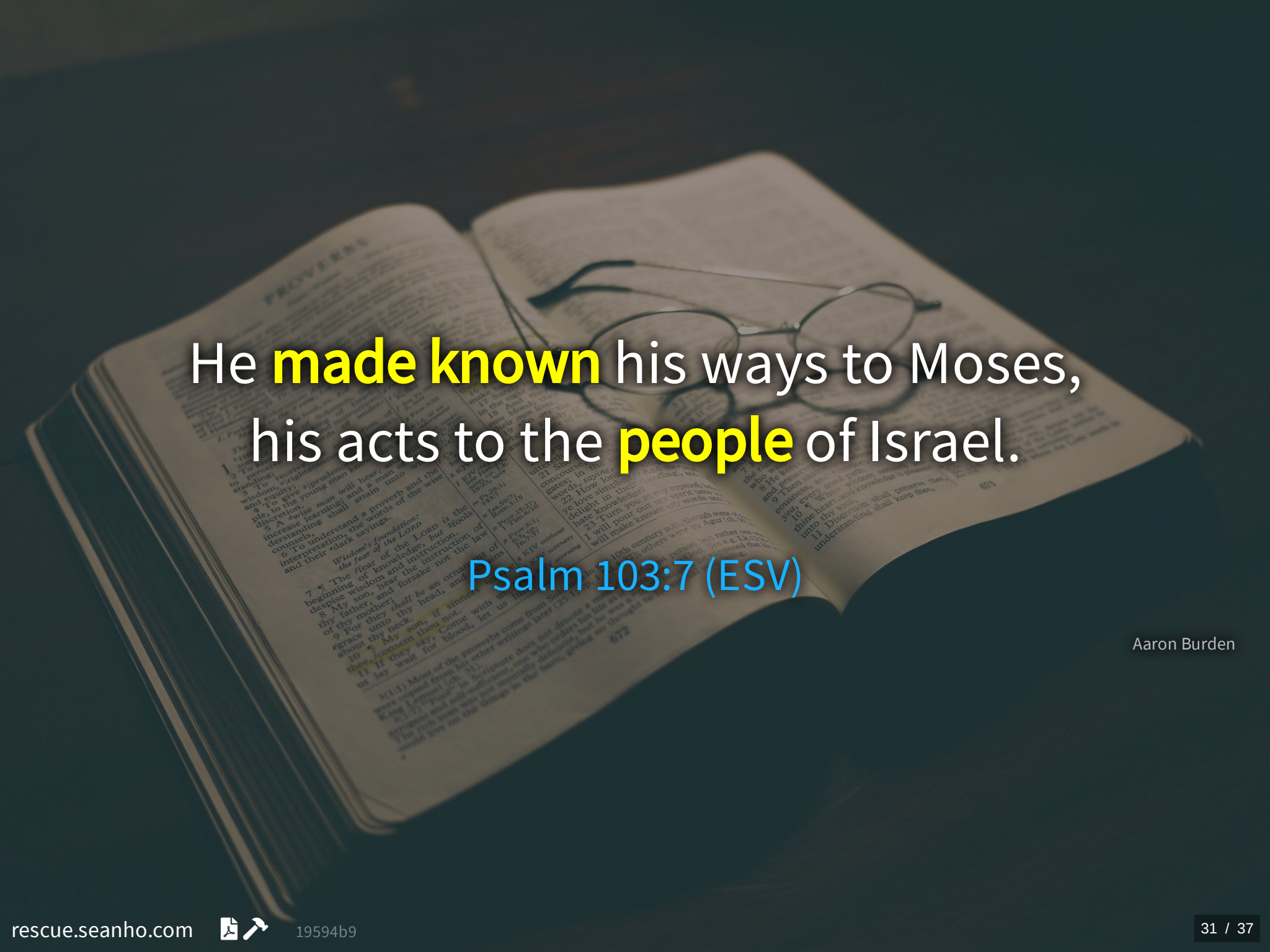
Bad Pyrmont, Germany. Sebastian Unrau



And will not God give **justice** to his elect,
who **cry** to him day and night?
Will he **delay** long over them?

Luke 18:7 (ESV)

R. Dr. Manoel Miranda, Brazil. Samuel Martins




He **made known** his ways to Moses,
his acts to the **people** of Israel.

Psalm 103:7 (ESV)

Aaron Burden



Do I believe God
works **justice**
for His people?

A scenic landscape featuring a calm lake in the foreground, reflecting the surrounding mountains and sky. The mountains are rugged and partially covered in snow, with some peaks shrouded in mist. The sky is a deep blue with soft, wispy clouds. The overall mood is serene and majestic.

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