

"Bless The Lord"

part I

([Psa_103:1-5](#))

Psa 103:1 *A Psalm of David.* Bless the LORD, O my soul: and all that is within me, *ble*ss his holy name.

Psa 103:2 Bless the LORD, O my soul, and forget not all his benefits:

Psa 103:3 Who forgiveth all thine iniquities; who healeth all thy diseases;

Psa 103:4 Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies;

Psa 103:5 Who satisfieth thy mouth with good *things*; *so that* thy youth is renewed like the eagle's.

Psa 103:6 The LORD executeth righteousness and judgment for all that are oppressed.

Psa 103:7 He made known his ways unto Moses, his acts unto the children of Israel.

Psa 103:8 The LORD *is* merciful and gracious, slow to anger, and plenteous in mercy.

Psa 103:9 He will not always chide: neither will he keep *his anger* for ever.

Psa 103:10 He hath not dealt with us after our sins; nor rewarded us according to our iniquities.

Psa 103:11 For as the heaven is high above the earth, *so great* is his mercy toward them that fear him.

Psa 103:12 As far as the east is from the west, *so far* hath he removed our transgressions from us.

Psa 103:13 Like as a father pitieth *his* children, *so* the LORD pitieth them that fear him.

Psa 103:14 For he knoweth our frame; he remembereth that we *are* dust.

Psa 103:15 *As for* man, his days *are* as grass: as a flower of the field, *so* he flourisheth.

Psa 103:16 For the wind passeth over it, and it is gone; and the place thereof shall know it no more.

Psa 103:17 But the mercy of the LORD *is* from everlasting to everlasting upon them that fear him, and his righteousness unto children's children;

Psa 103:18 To such as keep his covenant, and to those that remember his commandments to do them.

Psa 103:19 The LORD hath prepared his throne in the heavens; and his kingdom ruleth over all.

Psa 103:20 Bless the LORD, ye his angels, that excel in strength, that do his commandments, hearkening unto the voice of his word.

Psa 103:21 Bless ye the LORD, all *ye* his hosts; *ye* ministers of his, that do his pleasure.

Psa 103:22 Bless the LORD, all his works in all places of his dominion: bless the LORD, O my soul.

We "bless the Lord" because of the wonderful works that he does unto the children of men, and in our last Psalm we talked about those wonderful works and the way that God brings his people to trust him through the fiery trials of this life which are His judgement on our old man ([1Pe_4:12](#) , [1Pe_4:17](#)).

As a reminder of that last Psalm 102 that we covered, I would like to read and discuss the post that was written that leads nicely into Psalm 103.

The post for Psalm 102:

Zion is the symbolic city that represents where God's elect will ultimately "come up on" to judge the mount of Esau ([Oba 1:21](#)). Esau represents the old man, our carnal nature that has to be changed through judgment and is the reason why it is written "Thou shalt arise, and have mercy upon Zion" (verse 13 of Psalm 102 and the title of this study).

Oba 1:21 And saviours shall come up on mount Zion to judge the mount of Esau; and the kingdom shall be the LORD'S.

This study of Psalm 102 examines the verses that explain why it is a merciful act of a loving Father to arise and have mercy upon Zion through judgement. God's mercy is demonstrated to us as He leads us unto repentance, through the judgment that comes upon mount Esau ([Rom 2:4](#)). This judgement is what leads to the "riches of his goodness" that are found in spiritual Zion ([Isa 33:5-6](#)). [*don't grow weary in well doing i.e. forbearance and longsuffering*-[Gal 6:9](#)]

Rom 2:4 Or despisest thou **the riches of his goodness** and forbearance and longsuffering; not knowing that the goodness of God leadeth thee to repentance?

Isa 33:5 The LORD is exalted; for he dwelleth on high: he hath **filled** Zion with **judgment and righteousness**.

Isa 33:6 And **wisdom and knowledge** shall be the **stability** of thy times, and strength of salvation: the fear of the LORD is his treasure.

The "set time" (of verse 13 of our study) or 'appointed time' is the time when the Lord starts to work with His children and to cleanse their heavens from all that is defiled in the first man Adam also typified as Esau, and that work is a work of judgement in our earth so we can learn righteousness ([Isa 26:9](#)). [Christ healed many demonic people, and healed many people physically to remind God's elect today of "**the riches of his goodness**" expressed through the many miracles of both physical and spiritual healing that Christ did during his ministry. Those physical healings represent the greater works that we will do in the Lord and are doing today ([Joh 14:12](#))]. God's elect are blessed to desire Christ in the night [*light coming out of darkness*] where we find true spiritual healing in the Lord and not the type and shadow healing that does not bring about the new creation formed in him ([Isa 26:9](#)).

Isa 26:9 With my soul have I desired thee in the night; yea, with my spirit within me will I seek thee early: for when thy judgments are in the earth, the inhabitants of the world will learn righteousness.

Without that judgement upon us in this life ([1Pe 4:17](#)), without the chastening and scourging that every son goes through who is being received of God that we must not grow weary of ([Heb 12:6-8](#)), there will be no liberty found and only a fleshly carnal "trust in the mountain of Samaria" which causes us to be "at ease in Zion" and taking our high calling in Christ for granted ([2Ti 1:6-9](#)).

1Pe 4:17 For the time is come that judgment must begin at the house of God: and if it first begin at us, what shall the end be of them that obey not the gospel of God?

2Ti 1:6 Wherefore I put thee in remembrance that thou stir up the gift of God, which is in thee by the putting on of my hands.

2Ti 1:7 For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

2Ti 1:8 Be not thou therefore ashamed of the testimony of our Lord, nor of me his prisoner: but be thou partaker of the afflictions of the gospel according to the power of God;

2Ti 1:9 Who hath saved us, and called us with an holy calling, not according to our works, but according to **his own purpose and grace**, which was **given us in Christ Jesus** before the world began,

That trust in our flesh or reasoning in our flesh or high-mindedness ([1Pe 4:2](#) , [2Ti 3:4-5](#)) is what we all naturally hold onto until we learn obedience through the things which we suffer ([Heb 5:6-8](#)), and that is very much what this Psalm 102 is instructing us to see from start to finish, that if we are the Lord's in this age "Thou shalt arise, and have mercy upon Zion" through judgement that brings us to stop trusting in our flesh, mount Esau, or Samaria in type ([Amo 6:1](#)), and only in the living God whose purpose is to deliver us unto salvation ([Psa 102:13](#) , [1Pe 4:1-2](#)).

1Pe 4:2 That he no longer should live the rest of his time in the flesh to the lusts of men, but to the will of God. (*whether speaking of those men who are within us or the world without that entices and tempts the world within...these lusts of men are manifest in the words found in [2Ti 3:4-5](#)*)

2Ti 3:4 Traitors, heady, highminded, lovers of pleasures more than lovers of God;

2Ti 3:5 Having a form of godliness, but denying the power thereof: from such turn away.

Heb 12:6 For whom the Lord loveth he chasteneth, and scourgeth every son whom he receiveth.

Heb 12:7 If ye endure chastening, God dealeth with you as with sons; for what son is he whom the father chasteneth not?

Heb 12:8 But if ye be without chastisement, whereof all are partakers, then are ye bastards, and not sons.

Amo 6:1 Woe to them that are at ease in Zion, and trust in the mountain of Samaria, which are named chief of the nations, to whom the house of Israel came!

Psa 102:13 Thou shalt arise, and have mercy upon Zion: for the time to favour her, yea, the set time, is come.

1Pe 4:1 Forasmuch then as Christ hath suffered for us in the flesh, arm yourselves likewise with the same mind: for he that hath suffered in the flesh hath ceased from sin;

1Pe 4:2 That he no longer should live the rest of his time in the flesh to the lusts of men, but to the will of God.

Salvation as we can see is a gift of God that comes at the expense of our physical life and it is only Christ who can finally bring us to say "nevertheless not my will by thine be done" and in doing so we are demonstrating the child like attitude that Christ says we must have if we are going to inherit eternal life in this age, and be able to receive others who are being grafted into the body of Christ (Mat 18:3-5).

Mat 18:3 And said, Verily I say unto you, Except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven.

Mat 18:4 Whosoever therefore shall humble himself as this little child, the same is greatest in the kingdom of heaven.

Mat 18:5 And whoso shall receive one such little child in my name receiveth me.

We "Bless The Lord" for his goodness toward us to give us the ability to overcome and walk uprightly, with a spirit of integrity (Pro 28:18 , Pro 11:3). We are left knowing that the Lord is doing a great work in our heavens when "you shall know that I the LORD build the ruined *places*, and plant that that was desolate", and because he is working this work of salvation in our lives we are promised that "He that followeth after righteousness and mercy findeth life, righteousness, and honour".

Pro 28:18 Whoso walketh uprightly shall be saved: but *he that is* perverse *in his* ways shall fall at once.

Pro 11:3 The integrity of the upright shall guide them: but the perverseness of transgressors shall destroy them.

Eze 36:36 Then the heathen that are left round about you shall know that I the LORD build the ruined *places*, and plant that that was desolate: I the LORD have spoken *it*, and I will do *it*.

Pro 21:21 He that followeth after righteousness and mercy findeth life, righteousness, and honour.

It is a narrow way (Mat 7:14), a life long call to overcoming and knowing that it is possible to die daily (1Co 15:31) and to be more than a conqueror through Christ (Rom 8:36-37) who is building up this holy temple that we are, for three symbolic days (Joh 2:19) so that others can come to know the Lord through the church, through mount Zion where the saviours will come up upon (Oba 1:21). This work of the Lord that he is doing with His children today is the reason that we "Bless The Lord" and have the sacrifice of praise on our lips for all that he does for each of us (Eph 2:10 , Heb 13:15) .

Mat 7:14 Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it.

1Co 15:31 I protest by your rejoicing which I have in Christ Jesus our Lord, I die daily.

Rom 8:36 As it is written, For thy sake we are killed all the day long; we are accounted as sheep for the slaughter.

Rom 8:37 Nay, in all these things we are more than conquerors through him that loved us.

Joh 2:19 Jesus answered and said unto them, **Destroy this temple, and in three days I will raise it up.**

Oba 1:21 And saviours shall come up on mount Zion to judge the mount of Esau; and the kingdom shall be the LORD'S.

Eph 2:10 For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.

Heb 13:15 By him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of *our* lips giving thanks to his name.

We "Bless The Lord" just like we praise the Lord, not because He needs our blessing or our praise, but simply because it puts us in remembrance of how blessed we are to know Him and to serve him in this age as these verses remind us ([Joh 13:17](#) , [Psa 34:7-9](#) , [Act 5:41-42](#) , [Deu 7:15-19](#)).

Joh 13:17 **If ye know these things, happy are ye if ye do them.**

Psa 34:7 The angel of the LORD encampeth round about them that fear him, and delivereth them.

Psa 34:8 O taste and see that the LORD *is* good: blessed *is* the man *that* trusteth in him.

Psa 34:9 O fear the LORD, ye his saints: for *there is* no want to them that fear him.

Act 5:41 And they departed from the presence of the council, rejoicing that they were counted worthy to suffer shame for his name.

Act 5:42 And daily in the temple, and in every house, they ceased not to teach and preach Jesus Christ.

Deu 7:15 And the LORD will take away from thee all sickness, and will put none of the evil diseases of Egypt, which thou knowest, upon thee; but will lay them upon all *them* that hate thee.

Deu 7:16 And thou shalt consume all the people which the LORD thy God shall deliver thee; thine eye shall have no pity upon them: neither shalt thou serve their gods; for that *will be* a snare unto thee.

Deu 7:17 If thou shalt say in thine heart, These nations *are* more than I; how can I dispossess them?

Deu 7:18 Thou shalt not be afraid of them: *but* shalt well remember what the LORD thy God did unto Pharaoh, and unto all Egypt;

Deu 7:19 The great temptations which thine eyes saw, and the signs, and the wonders, and the mighty hand, and the stretched out arm, whereby the LORD thy God brought thee out: so shall the LORD thy God do unto all the people of whom thou art afraid.

These verses in Jeremiah remind us that we are blessed because the Lord is working with us, searching our hearts, trying our reins, even to give every man according to his ways, and according to the fruit of his doings, good or evil doings which we know the Lord has created both and knows how to use the former evil fruit to a good end ([Jer 17:7-10](#) , [Isa 45:7](#) , [Gen 50:20](#) , [Eph 2:3](#)). We are told to not forget these many blessings that are ours, and to

not take for granted all that God has done for us in healing us of our diseases and taking away our iniquities giving us victory over the devil ([Psa 103:2-3](#) , [Pro 30:9](#) , [Pro 1:32-33](#) , [Psa 106:21](#) , [Deu 8:11](#) , [1Jn 4:4](#))

[Jer 17:7](#) Blessed *is* the man that trusteth in the LORD, and whose hope the LORD is.

[Jer 17:8](#) For he shall be as a tree planted by the waters, and *that* spreadeth out her roots by the river, and shall not see when heat cometh, but her leaf shall be green; and shall not be careful in the year of drought, neither shall cease from yielding fruit.

[Jer 17:9](#) The heart *is* deceitful above all *things*, and desperately wicked: who can know it?

[Jer 17:10](#) I the LORD search the heart, *I* try the reins, even to give every man according to his ways, *and* according to the fruit of his doings.

[Isa 45:7](#) I form the light, and create darkness: I make peace, and create evil: I the LORD do all these *things*.

[Gen 50:20](#) But as for you, ye thought evil against me; *but* God meant it unto good, to bring to pass, as *it is* this day, to save much people alive.

[Psa 103:2](#) Bless the LORD, O my soul, and forget not all his benefits:

[Psa 103:3](#) Who forgiveth all thine iniquities; who healeth all thy diseases;

[Pro 30:9](#) Lest I be full, and deny *thee*, and say, Who *is* the LORD? or lest I be poor, and steal, and take the name of my God *in vain*.

[Pro 1:32](#) For the turning away of the simple shall slay them, and the prosperity of fools shall destroy them.

[Pro 1:33](#) But whoso hearkeneth unto me shall dwell safely, and shall be quiet from fear of evil.

[Psa 106:21](#) They forgot God their saviour, which had done great things in Egypt;

[Deu 8:11](#) Beware that thou forget not the LORD thy God, in not keeping his commandments, and his judgments, and his statutes, which I command thee this day:

Look how far we can come along and then take for granted our Lord if we start trusting in our flesh ([Gal 3:3](#)), and that is what these verses in Hosea remind us, and the reason we want to continue to have praise on our lips and giving of thanks to God, "Bless The Lord" for the wonderful works that he does unto the children of men, works that keep us trusting in Him and understanding how we need him to clothe us and lead us where we do not want to go ([Eze 16:10-15](#) , [Hos 2:8-9](#) , [Psa 107:31](#) , [Joh 21:18](#)).

[Eze 16:10](#) **I clothed thee** also with broidered work, and shod thee with badgers' skin, and I girded thee about with fine linen, and I covered thee with silk.

[Eze 16:11](#) **I decked thee** also with ornaments, and I put bracelets upon thy hands, and a chain on thy neck.

[Eze 16:12](#) And **I put a jewel on thy forehead**, and earrings in thine ears, and a beautiful crown upon thine head.

[Eze 16:13](#) Thus wast thou decked with gold and silver; and thy raiment *was of* fine linen, and silk, and broidered work; thou didst eat fine flour, and honey, and oil: and thou

wast exceeding beautiful, and thou didst prosper into a kingdom.

Eze 16:14 And thy renown went forth among the heathen for thy beauty: for it *was* perfect through my comeliness, which I had put upon thee, saith the Lord GOD.

Eze 16:15 **But thou didst trust in thine own beauty**, and playedst the harlot because of thy renown, and pouredst out thy fornications on every one that passed by; his it was.

Hos 2:8 For she did not know that I gave her corn, and wine, and oil, and multiplied her silver and gold, *which* they prepared for Baal.

Hos 2:9 Therefore will I return, and take away my corn in the time thereof, and my wine in the season thereof, and will recover my wool and my flax *given* to cover her nakedness.

Psa 107:31 Oh that *men* would praise the LORD *for* his goodness, and *for* his wonderful works to the children of men!

Joh 21:18 Verily, verily, I say unto thee, When thou wast young, thou girdedst thyself, and walkedst whither thou wouldst: but when thou shalt be old, thou shalt stretch forth thy hands, and another shall gird thee, and carry thee whither thou wouldst not.

our opening verse:

Psa 103:1 ***A Psalm of David. Bless the LORD, O my soul: and all that is within me, bless his holy name.***

David reminds us with this opening verse that we are to love the Lord "with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbour as thyself" ([Luk 10:27](#)), "all that is within me", and we are known by our name "his holy name" ([Pro 22:1](#)) when we truly are obedient children blessed to read, hear and keep the sayings of the prophecy ([Rev 1:3](#)) being hated of all men for his name sake "his holy name" which is his word ([Mat 10:22](#)).

Luk 10:27 And he answering said, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbour as thyself.

Pro 22:1 A *good* name *is* rather to be chosen than great riches, *and* loving favour rather than silver and gold.

Rev 1:3 Blessed *is* he that readeth, and they that hear the words of this prophecy, and keep those things which are written therein: for the time *is* at hand.

Mat 10:22 **And ye shall be hated of all *men* for my name's sake: but he that endureth to the end shall be saved.**

Psa 103:2 **Bless the LORD, O my soul, and forget not all his benefits**^{H1576}:

We may not think about the destruction of our enemies within or without, and it is a good thing that we look narrowly on what God has done to the enemy (*thinking within primarily* -

[Isa 14:16-19](#) , [Pro 24:17-21](#)), so that we don't take pride and think that either we had something to do with our overcoming ([Joh 8:36](#) , [Php 3:13-14](#)), or that somehow that person being judged without ourselves ([Rev 13:7](#)) is not a type of what must be, or has already been destroyed in my own heavens ([Rev 5:10](#) , [Rev 11:15](#) , [1Co 15:27](#)). So all in all we need to remember that God's benefits^{H1576} first come upon his people, and that means his "desert^{H1576}" found in ([Psa 28:4](#)). His "desert^{H1576}" comes upon us first which is the same word "benefits^{H1576}" used in this second verse were looking at. It is because of these benefits or deserts that we "bless the LORD".

[Isa 14:16](#) They that see thee shall narrowly look upon thee, *and* consider thee, *saying*, Is this the man that made the earth to tremble, that did shake kingdoms;

[Isa 14:17](#) *That* made the world as a wilderness, and destroyed the cities thereof; *that* opened not the house of his prisoners?

[Isa 14:18](#) All the kings of the nations, *even* all of them, lie in glory, every one in his own house.

[Isa 14:19](#) But thou art cast out of thy grave like an abominable branch, *and as* the raiment of those that are slain, thrust through with a sword, that go down to the stones of the pit; as a carcase trodden under feet.

[Pro 24:17](#) Rejoice not when thine enemy falleth, and let not thine heart be glad when he stumbleth:

[Pro 24:18](#) Lest the LORD see *it*, and it displease him, and he turn away his wrath from him.

[Pro 24:19](#) Fret not thyself because of evil *men*, neither be thou envious at the wicked;

[Pro 24:20](#) For there shall be no reward to the evil *man*; the candle of the wicked shall be put out.

[Pro 24:21](#) My son, fear thou the LORD and the king: *and* meddle not with them that are given to change:

[Psa 28:4](#) Give them according to their deeds, and according to the wickedness of their endeavours: give them after the work of their hands; render to them their desert^{H1576}.

[1Co 15:27](#) **For he hath put all things under his feet**. But when he saith all things are put under *him*, *it is* manifest that he is excepted, which did put all things under him.

[Psa 103:3](#) Who forgiveth all thine iniquities; who healeth all thy diseases;

The physical reveals the spiritual ([Rom 1:20](#)) and "all thy diseases" represent all the sin of the world that is within us, of which the chief of sinners that we all are would never be able to overcome accept the Lord build the house and "forgiveth all thine iniquities" ([1Jn 2:16](#) , [1Ti 1:15](#) , [Psa 127:1](#) , [Joh 8:36](#))

[Rom 1:20](#) For the invisible things of him from the creation of the world are clearly seen, being understood by the things that are made, *even* his eternal power and Godhead; so that they are without excuse:

[1Jn 2:16](#) **For all that is in the world**, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.

1Ti 1:15 This *is* a faithful saying, and worthy of all acceptation, that Christ Jesus came into the world to save sinners; of whom I am chief.

Psa 127:1 A Song of degrees for Solomon. Except the LORD build the house, they labour in vain that build it: except the LORD keep the city, the watchman waketh *but* in vain.

Joh 8:36 If the Son therefore shall make you free, ye shall be free indeed.

Psa 103:4 Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies;

It is appointed unto man once to die ([Heb 9:27](#) , [Eph 2:6](#)), and all human flesh needs to be redeemed "from destruction". God has bestowed upon us his "lovingkindness and tender mercies" and the terminology is "who crowneth" because it is by being crowned with the mind of Christ ([1Co 2:14-16](#)) that we are being shown "lovingkindness and tender mercies" and being given the power to overcome through Christ who is our head ([Col 1:18](#)).

Heb 9:27 And as it is appointed unto men **once to die**, but after this the judgment:

Heb 9:28 So Christ was once offered to bear the sins of many; and unto them that look for him shall he appear the second time without sin unto salvation.

Eph 2:6 And hath raised *us* up together, and made *us* sit together in heavenly *places* in Christ Jesus:

1Co 2:14 But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know *them*, because they are spiritually discerned.

1Co 2:15 But he that is spiritual judgeth all things, yet he himself is judged of no man.

1Co 2:16 For who hath known the mind of the Lord, that he may instruct him? But we have the mind of Christ.

Col 1:18 And he is the head of the body, the church: who is the beginning, the firstborn from the dead; that in all *things* he might have the preeminence.

We can die daily as a result of the judgement that is occurring in our heavens today. God's elect are experiencing the blessing of being judged in this age, and that judgement is occurring "in heavenly *places* in Christ Jesus" together ([Eph 2:6](#)). We know and believe that the rest of the world who has died already or who are alive will eventually come up and be raised into heavenly places to a hope-filled accounting in the second resurrection ([1Th 4:13](#) , [Rev 20:6](#) , [1Co 6:3-6](#) , Paul says "I speak to your shame" in ([1Co 6:5](#)) because the church was neglecting to stir up the spirit that God had given them, not a "spirit of fear; but of power, and of love, and of a sound mind" that is able to pronounce judgement where needed and knows that we will "judge angels" and "how much more things that pertain to this life?" [2Ti 1:6-7](#)).

Eph 2:6 And hath raised *us* up together, and made *us* sit together in heavenly *places* in Christ Jesus:

Eph 2:7 That in the ages to come he might shew the exceeding riches of his grace [[Eph 2:6-7](#) being the reason why we don't want to despise the riches of his goodness

[Rom 2:4](#)] in *his* kindness toward us through Christ Jesus.

[1Th 4:13](#) But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope.

[Rev 20:6](#) Blessed and holy *is* he that hath part in the first resurrection: on such the second death hath no power, but they shall be priests of God and of Christ, and shall reign with him a thousand years.

[1Co 6:3](#) Know ye not that we shall judge angels? how much more things that pertain to this life?

[1Co 6:4](#) If then ye have judgments of things pertaining to this life, set them to judge who are least esteemed in the church.

[1Co 6:5](#) I speak to your shame. Is it so, that there is not a wise man among you? no, not one that shall be able to judge between his brethren?

[1Co 6:6](#) But brother goeth to law with brother, and that before the unbelievers.

[2Ti 1:6](#) Wherefore I put thee in remembrance that thou stir up the gift of God, which is in thee by the putting on of my hands.

[2Ti 1:7](#) For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

It is that spirit working within the body of Christ, the church that "**redeemeth thy life from destruction**", and how God shows his "**tender mercies**" toward us, through the judgement we receive, and by being able to mercifully show and maintain that same righteous judgement toward one another in the body of Christ.

[Psa 103:5](#) Who satisfieth thy mouth with good *things*; so that thy youth is renewed like the eagle's.

God satisfies us with the strength that we need to overcome the enemy within and without, and he brings us to see that we would be sifted like wheat if the Lord was not on our side nourishing us and giving us the power to love our enemies and turn the other cheek ([Mat 5:44](#) , [Mat 5:39](#)).

[Mat 5:44](#) But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;

[Mat 5:39](#) But I say unto you, That ye resist not evil: but whosoever shall smite thee on thy right cheek, turn to him the other also.

That is what this shadow of the eagle being renewed in it's youth is reminding us. We are dependent on the body of Christ to nourish us so we can surrender our lives as a living sacrifice, laying down our life for others who will be nourished and grafted into the body by the strength that God gives us to do that through others ([Luk 22:31-32](#) , [Psa 124:2-3](#) , [Luk 6:27-29](#) , [Mat 5:39](#) , [Rom 15:1-3](#)).

[Psa 124:2](#) If *it had not been* the LORD who was on our side, when men rose up against us:
[Psa 124:3](#) Then they had swallowed us up quick, when their wrath was kindled against us:

Luk 22:31 And the Lord said, Simon, Simon, behold, Satan hath desired *to have* you, that he may sift *you* as wheat:

Luk 22:32 But I have prayed for thee, that thy faith fail not: and when thou art converted, strengthen thy brethren.

Mat 18:3 And said, Verily I say unto you, Except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven.

Mat 18:4 Whosoever therefore shall humble himself as this little child, the same is greatest in the kingdom of heaven.

Mat 18:5 And whoso shall receive one such little child in my name receiveth me.

Rom 15:1 We then that are strong ought to bear the infirmities of the weak, and not to please ourselves.

Rom 15:2 Let every one of us please *his* neighbour for *his* good to edification.

Rom 15:3 For even Christ pleased not himself; but, as it is written, The reproaches of them that reproached thee fell on me.

Next week Lord willing, we will look at the next few verses in our study entitled "Bless The Lord" and consider once again all the benefits that we are partakers of together in this precious body of Christ that is being given as a living sacrifice for the world's sake to save it (Joh 3:16-17 , Rom 12:1).

Joh 3:16 For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

Joh 3:17 For God sent not his Son into the world to condemn the world; but that the world through him might be saved.

Rom 12:1 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, *which is* your reasonable service.

Psa 103:6 The LORD executeth righteousness and judgment for all that are oppressed.

Psa 103:7 He made known his ways unto Moses, his acts unto the children of Israel.

Psa 103:8 The LORD is merciful and gracious, slow to anger, and plenteous in mercy.

Psa 103:9 He will not always chide: neither will he keep *his anger* for ever.

Psa 103:10 He hath not dealt with us after our sins; nor rewarded us according to our iniquities.

Psa 103:11 For as the heaven is high above the earth, so great is his mercy toward them that fear him.

Psa 103:12 As far as the east is from the west, so far hath he removed our transgressions from us.