

Soul Care
Part 8: Transformed by Praise
Psalm 103

Stinkin' Thinkin' & The Woulda-Coulda-Shouda Syndrome

Hallelujah

Hallel: To outwardly boast, to express praise and adoration

Jah: shorten version of Yahweh = The LORD-The Great I AM

Praise The LORD

Synonyms: Adore, Magnify, Exalt, Revere, Commend, Extol

Admire, Venerate

WHY Hallelujah? 1) takes our attention off of self

2) God inhabits the praises of His people (Psalm 22:3)

Psalms—Basics

Psalm 103—Basics

Psalm 103---OUTLINE

vs.1-2: Individual Call to Praise The Lord

vs.3-5 Praise God for what He has done

vs.6-19: Praise God for who He is

vs. 20-22 Universal Call to Praise The Lord

Individual Call to PRAISE THE LORD (vs.1-2)

v. 1

v. 2

Keep in Mind: Jesus Christ is the embodiment of Psalm 103

Praise The Lord for What He Has Done (vs.3-5)

Forgives ALL your sins: pardon for all wrongdoing—not counting any sin against you ever again

Heals ALL your diseases: makes you whole again—full restoration (spiritual & physical)

Redeems your life from the pit: buys you back from the slave market of sin, saving you from hell

Praise The Lord for What He Has Done (vs.3-5) (continued)

Crowns you with Love and Compassion: Surrounds you with His unfailing love (hesed) and tender mercies

Satisfies you with His goodness: moment by moment God satisfies your soul with goodness

RESULT: Renewed like the eagle

Renewed, Strong and Full of Life like the eagle!

Praise The Lord for Who He is (vs.6-19)

- **The LORD is Just & Righteous (v.6)**
- **The LORD is Personal (v.7)**
- **The LORD is Compassionate (v.8)**
- **The LORD is Gracious (v.8)**
- **The LORD is Slow to Anger (v.8)**
- **The LORD abounds in Love (v.8, 11)**
- **The LORD holds no grudges (v.9)**
- **The LORD does not punish as deserved (v.10)**
- **The LORD is Forgiving (v.12)**
- **The LORD is a Compassionate Father (v.13)**
- **The LORD knows we are weak, finite and physically temporary (vs14-16)**
- **The LORD is Eternal (v. 17)**
- **The LORD is the Sovereign Master of the Universe (v.19)**

Universal Call to Praise The Lord (vs.20-22)

Psalm 150:6 Let everything that has breath praise the Lord.

Hallelujah!

We Have Been Called to Praise The LORD!

Soul Care Progression

- 1. Spending quality & quantity time with God is essential for Soul Care (Solitude)**
- 2. Begin your time alone with God with confession--honestly and openly agreeing with God about your sin**
- 3. Repentance supernaturally follows confession**
- 4. (Forgive & Apologize)**
- 5. Praise the Lord**

Life Application

- 1. Each day this week read aloud Psalm 103**
- 2. Personalize it (turn pronouns to 'My' or 'Me')**
- 3. Each day choose a verse(s) that speaks to your heart**
- 4. Meditate on that verse(s)—what is God saying to you? Then memorize 1 verse**
- 5. Praise God for The Truth in Psalm 103**
- 6. Journal your thoughts and memory verses**

**Seek God's Face and God will open His Hands
Praising God Daily is Essential for a Healthy Soul**