

**"BLESS THE LORD!"**

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Speaker: Danny Clinton

KESSID

SCRIPTURE + SPIRIT

**Question: What's an appropriate response for today?**

- What spiritual posture should we be in?
- When Moses was leading the wondering group of Israelites in the desert, he addressed them according to what would happen if they put all their trust in The Lord...

*(Vs) Deuteronomy 8:10 - "And you shall eat and be full, and you shall bless the Lord your God for the good land He has given you."*

**Matthew Henry said, "Blessing God and giving Him glory must be the alpha and the omega of all our services."**

**But, to 'Bless the Lord'...**

- What does that mean? How do we do it?

**When God "blesses" men, they are thereby helped and strengthened and made better off than they were before...**

- Unlike when men "bless" God, He is not helped or strengthened or made better off.
- When the OT speaks of blessing God, it does not "designate a process that aims at the increase of God's strength" ...
- Instead, blessing God is "exclamation of gratitude and admiration."

**So... "To bless God means to recognize His great richness, strength, and gracious bounty and to express our gratitude and delight in seeing and experiencing it." - Piper**

**Towards the end of David's life... He begins to reflect on this idea of "Blessing the Lord!"**

- Psalm 103 : "Bless the Lord, O My Soul"
- Verses 1-5: Reflect on David's personal experience of God's compassion.

*(Vs) Psalm 103:1-5 - "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, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy, who satisfies you with good so that your youth is renewed like the eagle's."*

- Verses 6–19: Reflect on the attributes of God as seen in His interactions with His people.

*(Vs) Psalm 103:8-11 – “The LORD is merciful and gracious, slow to anger and abounding in steadfast love. He will not always chide, nor will he keep his anger forever. He does not deal with us according to our sins, nor repay us according to our iniquities. For as high as the heavens are above the earth...”*

- Verses 20–22: Is David’s call to all creatures to join him in blessing God.

*(Vs) Psalm 103:20-22 – “Bless the LORD, O you his angels, you mighty ones who do his word, obeying the voice of his word! Bless the LORD, all his hosts, his ministers, who do his will! Bless the LORD, all his works, in all places of his dominion. Bless the LORD, O my soul!*

**This... I believe is the Spiritual Posture we should find ourselves in today...**

- Exclaiming with gratitude and admiration...
- For our own personal experience of God’s compassion!
- For the way we see God moving and working within His people and His Church!
- As we invite all who are watching us live out our lives to join us in Blessing the Lord!