



**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 forgiveth all
thine iniquities, who healeth all thy diseases, who redeemeth thy life from
destruction, who crowneth thee with loving-kindness and tender mercies.**

Psalms 103:1-4

Bless the Lord, O My Soul, and do not forget all his benefits. Do not forget all his benefits! It seems fit that we should be reminded of all his benefits, and in Psalms 103, David exclaims with praise on his lips the benefits of God. We are not to forget what good things the Lord has done for us. The benefits are then listed in verse 3, starting with forgiveness and healing for all diseases at the top of the list. We should hold onto the benefits of the Lord, and forgiveness and healing are in the atonement for each person to receive. In Matthew chapter 9, we read about the sick man of the palsy, lying on a bed, and Jesus seeing their faith told the man of the palsy, "Son, be of good cheer, thy sins be forgiven thee, [Matthew 9:2]." Later on in verse 6 of chapter 9, Jesus exclaims that the Son of man hath power on earth to forgive sins, and He told the man sick of the palsy to arise, take up thy bed and go to thine house. He did so as it was spoken.

"And his fame went throughout all Syria: and they brought unto him all sick people that were taken with divers diseases and torments, and those which were possessed with devils, and those which were lunatic, and those that had the palsy; and he healed them." Matthew 4:24

Jesus was famous for healing all diseases, and he even gave his disciples power over all devils and to cure all diseases [see Luke 9:1]. We know that our Lord was bruised for our iniquities, the chastisement for our peace was upon him, and with his stripes we are healed [see Isaiah 53:5]. We must not forget that not only sin may be a part of sickness, but oppression from the devil can bind a person like the daughter of Abraham in Luke 13:16, whom Satan had bound for 18 years. It was Satan who had bound the daughter of Abraham. Any disease comes from Satan and not from God. In Psalms 103, verse 4, it states, who redeemed thy life from destruction, and crowns thee with loving-kindness and tender mercies. Only Christ has this power to redeem our lives, for He is the resurrection and the life. Our life belongs to the Lord, and he keeps his promises to those who believe. He will keep our life in the resurrection, and His loving-kindness and tender mercies toward us will not fail. Do you believe this? Read Psalms



103 on to verse 12. **“As far as the east is from the west, so far hath he removed our transgressions from us.”** Wow! This is His mercy towards us, and it is everlasting.

Is he satisfying your mouth with good things? So that your youth is renewed like the eagle? Are you waiting upon the Lord? In Isaiah 40:31, it states that “they that wait upon the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run, and not be weary; and they shall walk, and not faint.” If you are feeling burned out and weary, it is time to wait upon the Lord to renew your strength. It is time to lean upon the Lord to bring you peace and to renew your mind from the things of this world. It is time to commune with the Lord and ask him to allow the Holy Spirit’s refreshing so that you can mount up with wings like the eagle and soar. Have you ever watched an eagle soar in the sky? Last week, I watched an eagle soar as it gained lift under its wings and soared up to new heights in the sky. This is what we should be able to do: to soar up to new heights above the oppression of the devil. We shall walk and not faint. O Bless the Lord. O my soul and all that is in me, bless His holy name.

It was midnight when Paul and Silas prayed and sang praises to God. An earthquake came suddenly, so that the foundations of the prison were shaken, and all the doors were open, and the bands were loosed from the prisoners. The keeper of the prison awoke and saw the doors open, and drew up his sword to kill himself. Paul shouted to him, “Do not harm yourself.” We are all here [see Acts 16:28]. The keeper of the prison was saved and baptized. He washed the stripes of Paul and Silas and fed them rejoicing and believing in God. This is satisfying your mouth with good things. Rejoicing and praising God for what He has done. God brought Paul and Silas the victory to soar to new heights. Having their wounds treated and receiving food for their hunger. Paul and Silas had gained a new friend in the fellowship of the Lord, and later they were released from jail. Such wonderful acts of God. As it is exclaimed in verse 6 of Psalms 103, “the Lord executes righteousness and judgment for all who are oppressed.”

Paul and Silas were being oppressed because they had rebuked a spirit of divination out of a maid [see Acts 16:18]. The maid’s master saw that their hope for money was gone and accused them. Paul and Silas were beaten and put in jail. Paul and Silas were abused, ill-treated, and persecuted for freeing a woman of divination. Sometimes, for no reason at all, we can be abused or ill-treated at work or at home. Sometimes it grates on our being about the injustice of having to endure the aggravation. Paul was grieved by the maid’s actions and exclaimed, in the name of Jesus Christ, Come out of her. We do not think about being mournful of those



under an oppressor, such as a spirit or devil, yet Jesus himself freed them from the oppression. We must remember that in the last days, many will be oppressed and in need of healing and relief from being oppressed. Pray not only for yourself, but also for those around you.

Is this not what Paul and Silas did? And the Lord executes righteousness and judgment for all who are oppressed. Oh! Bless the Lord, O my soul, and forget not all his benefits. Let us remember thy loving kindness and mercy to heal our bodies of sickness and to execute righteousness and judgment for all who are oppressed. May you soar to new heights and be renewed like the eagle. He will heal all diseases and redeem your life from destruction and death. He will crown you with loving-kindness and tender mercies. Let us bless the Lord forever and remember His benefits. May He always satisfy our mouths with good things. Share the goodness of the Lord with others and soar to new heights in the Lord, and forget not all his benefits.

Please Note:

This is the last post for this year. As we enter the Holiday season with Thanksgiving and Christmas, take time to bless the Lord. May you be thankful, grateful, and blessed for what the Lord has done for you and your family during this past year. Reflect and ask the Lord to send His Holy Spirit to help you in all your ways. May the joy of the Lord be your strength forever. Remember that He has made us to be partakers of the inheritance of the saints in light, so share the light of the Gospel of Jesus. See you next year.

“Giving thanks unto the Father, which hath made us meet to be partakers of the inheritance of the saints in light:” Colossians 1:12

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