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BENEFITS OF GOD'S CHOSEN Part 2 Psalm 103:1-5

Psalm 103

Of David

- 1 Praise the Lord, my soul;
all my inmost being, praise his holy name.*
- 2 Praise the Lord, my soul,
and forget not all his benefits—*
- 3 who forgives all your sins
and heals all your diseases,*
- 4 who redeems your life from the pit
and crowns you with love and compassion,*
- 5 who satisfies your desires with good things
so that your youth is renewed like the eagle's.*

EXERCISE :

Can you indulge me on this? Can I ask everyone to stand up except those who are taking care of children or a special loved one? Now, please find someone who you do not know or not familiar with and sit with them.

(Once they do, tell them to ask each other's name in their row or the people in front and at your back)

Last time, we talked about part one of Benefits of God's Children and we mentioned that **Quote : the secret of praising the Lord is to remember what He has done and what He has given to us and most importantly, to remember who He is** *(his holy name)*

- 1 Praise the Lord, my soul;
all my inmost being, praise his holy name.*
- 2 Praise the Lord, my soul,
and forget not all his benefits—*

Illustration: There was a research than by Karen Bolla Johns Hopkins university regarding things that most people forget. Do you know the number one thing that people forget the most that 83% of respondents agree? Guess?

People most often forget "names". Now let's test this theory. (Ask someone now to recite the names of the people around them.)

Now let's do a review from last week: **PRAY!!!!**

It is important to remind ourselves this and to praise the Lord for it.

That's why David writes and says to himself :

*1 Praise (barak) the Lord, my soul;
all my inmost being, praise his holy name.*

2 Praise the Lord, my soul,

What's the difference between giving thanks and giving praise?

- To thank someone is to express **appreciation** (*OT todah,yadah etc NT eucharistea*)

Example : Thank you for helping me with my homework.

- To praise someone is to express **admiration** (*OT barak;yadah;halal and etc; NT doxa,epainos,eucharistia*)

Example : Wow, you've got nice skin.

- To worship someone is to express **adoration**. (*OT shachah, abad; NT proskuneo,latreo,sebomai and etc*)

It means to show utmost respect, love and honor.

Regarding adoration, the Bible says,

1 Corinthians 16:14 Do everything in love.

In short, wherever you go, whether here in church or work or school, if we are doing out of love for God and others – that's an act of worship. That's why always check your heart.

Notice, that David did not only write, "Praise the Lord" but added **"my soul; all my inmost being."**

With these two – nepesh (soul) and qereb (seat of your thoughts and emotions) - What David is saying is that when we praise the Lord, it should be coming from the inside and something we really feel.

And then David says :

and forget not all his benefits—

It is very important for God that we remember what He did. That's one of His warnings to Israel when they are about to enter the Promised Land.

*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. ¹¹ **"Take care lest you forget the Lord your God** by not keeping his commandments and his rules and his statutes, which I command you today, ¹² lest, when you have eaten and are full and have built good houses and live in them, ¹³ and when your herds and flocks multiply and your silver and gold is multiplied and all that you have is multiplied, ¹⁴ **then your heart be lifted up, and you forget the Lord your God, who brought you out of the land of Egypt, out of the house of slavery, ¹⁵ who led you through the great and terrifying wilderness, with its fiery serpents and scorpions and thirsty ground where there was no water, who brought you water out of the flinty rock, ¹⁶ who fed you in***

the wilderness with manna that your fathers did not know, that he might humble you and test you, to do you good in the end. 17 Beware lest you say in your heart, 'My power and the might of my hand have gotten me this wealth.' 18 You shall remember the Lord your God, for it is he who gives you power to get wealth, that he may confirm his covenant that he swore to your fathers, as it is this day. 19 And if you forget the Lord your God and go after other gods and serve them and worship them, I solemnly warn you today that you shall surely perish.

God knows we have a tendency to forget Him when everything is going well in our lives.

Quote : The test of prosperity is harder than the test of poverty.

Why? It is through times of prosperity that we have a tendency to forget God.

*and forget not **all his benefits—***

The difference between blessings and benefits

Blessings “barak” is something that is given – it depends on the giver.

Benefits “gemul” ghem-ool, it is something that you already have and deserve – simply because of what you have done or where you belong. So these benefits, as explained last week, only belong to God’s children

THE BENEFITS OF GOD’S CHOSEN

Restoration, Redemption, Satisfaction

I. RESTORATION

*3 who forgives all your sin
and heals all your diseases,*

Let’s talk about the forgiveness of sin first.

Etymology : forgive “salakh” pardon – the idea something that is lifted up or something light. And sin (iniquity) “aw-vone” guilt;

Remember it was sin that separated us from the Lord.

BENEFIT: GOD RESTORES OUR RELATIONSHIP WITH HIM AND OTHERS THROUGH FORGIVENESS.

Our sins have been forgiven now. Why? BECAUSE JESUS PAID FOR ALL OF OUR SINS!

Our relationship with us is the most important thing to God. And that’s why our relationship with one another is also important to Him.

That’s why Jesus said,

John 13:34 A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another.

How did Jesus love us? He died for us. That's how we should love one another.

Illustration: In 1938, Harvard embarked on a decades-long study on “What makes a person happy.” They followed people from all walks of life during that time, from birth until they grow old. After 85 years, in 2023, they came out with the results. You know what makes people happy? It's not wealth. It's not good health. It's not career. **IT'S GOOD RELATIONSHIPS!**

The Bible already knows this. That's why God sent His Son Jesus Christ in order to pay for our sins and restore that relationship. That's why God said to forgive one another because relationships is the one that makes us happy.

And this is true. As a pastor, I've been part of the happiest times and saddest time of the life of people.

The happiest time : Weddings! It's a union of relationships.

That's the reason why at the end times, the illustration of our culmination of our relationship with Jesus is a wedding. That's why we're called “the bride of Christ”

The saddest time : Funerals! Because it's the ultimate end of relationships here on earth.

Which brings us to the second part of restoration:

and heals all your diseases,

Now this is interesting :

Etymology : *heal* “rafa” which means to mend by stitching; to sew together or to repair or to make whole.

“diseases” takhaloo” disease but if we're going deeper, the root word, “khool” which means to “writhe” in pain.

So if we're going to **paraphrase** this, we can read it as, **“to restore us from all of our pains or grieving”**

That's part of our benefit as God's chosen people.

BENEFIT : GOD RESTORES WHAT WE HAVE LOST THAT CAUSED US PAIN AND SUFFERING.

*Joel 2:25 I will restore to you the years
that the swarming locust has eaten,
the hopper, the destroyer, and the cutter,
my great army, which I sent among you.*

1 Peter 5:10 And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you.

*Jeremiah 30:17 For I will restore health to you,
and your wounds I will heal,
declares the Lord,*

Illustration: And last time, we saw that in Job's life where everything was taken away from him and caused him pain and grief and God restored everything.

*Job 42:10 After Job had prayed for his friends, **the Lord restored his fortunes and gave him twice as much as he had before.***

12 The Lord blessed the latter part of Job's life more than the former part.

CONTINUE :

II. REDEMPTION

4 who redeems your life from the pit

In order to really understand the benefit, we need to quickly understand again the meaning of the word "redeem"

Etymology: *redeem* "gaw-al" simply put it means to **buy back**, usually with one own's life.

Buy-back means, it formerly belongs to someone and it was taken away.

That's why our Lord is called the Redeemer, which means He bought us back.

Other words we can use is "**rescue**" or "**save**"

Etymology : *Pit* – "shakh-ath" from "shuakh" – something that is dug. It's under the earth You will see this word used for three things in the Old Testament, "grave, a trap to catch lions, or hell"

In short, this is a place where there is no escape – a place of death or destruction.

To paraphrase this as a benefit.

BENEFIT : GOD RESCUES US FROM IMPOSSIBLE SITUATIONS.

Biblical Illustration: I always love telling the story of the Red Sea because it's truly incredible. Pharaoh and his vast army was pursuing them at the back and in front of them was the sea. The Israelites knew they were "trapped". They were in a pit. They were in an impossible situation. **And we are all like Israelites, when we are in this situation,**
Exodus 14: 10 As Pharaoh approached, the Israelites looked up, and there were the Egyptians, marching after them. They were terrified and cried out to the Lord. 11 They said to Moses, "Was it because there were no graves in Egypt that you brought us to the desert to die? What have you done to us by bringing us out of Egypt? 12 Didn't we say to you in Egypt, 'Leave us alone; let us serve the Egyptians'? It would have been better for us to serve the Egyptians than to die in the desert!"

We become afraid. We worry. We become angry and find someone to blame (naninisi)... **“Ikaw kasi e... sabi na say o e. (See, I told you so...this is all your fault)”**

But what did they forget? GOD WAS WITH THEM! Through the pillar of cloud. That's why God asked them to move forward and the pillar of cloud and the angel of the Lord to protect them.

Exodus 14:19 Then the angel of God, who had been traveling in front of Israel's army, withdrew and went behind them. The pillar of cloud also moved from in front and stood behind them,

God asked Moses to stretch out his hands. And that's what he did and the Red Sea opened.

STRETCHED HAND Special note : I noticed something in the Bible, whenever someone's hands are stretched, people are saved or people win. Moses's hands were stretched in the Battle with the Amalekites and the Israelites were winning and whenever he lowered his hands, they were winning. That's why Aaron and Hur, held Moses' hand.

Who else stretched their hands and we got saved and won? OUR LORD JESUS CHRIST ON THE CROSS... and that's why He said, “It is finished. “Tetelestai”...paid...redeemed! SAVED! I GOT THEM BACK!

Applicaton: WHEN ARE THE TIMES WE STRETCHED OUT OUR HAND?... whenever we praise Him and worship Him. That's why David said, “Praise the Lord, oh my soul...all my inmost being praise Him.” I'm sure his hands were stretched and raised.

That's why when you are in an impossible situation, STRETCH OUT YOUR HANDS AND PRAISE HIM WITH ALL YOUR SOUL AND YOUR INMOST BEING.

Example: First week of December, our family was in a dire situation. We didn't know what to do. But the Lord reminded us to praise Him! What we did is blasted the house with praise music and we were singiing praises to the Lord! We got saved from that situation we were in.

So if you are an impossible situation, PRAISE HIM! PRAISE THE LORD!

Which brings us now to the next one.

and crowns you with love and compassion,

Etymology : crown “aw-tar” crown...surround (because it's a circle)

God doesn't only redeem or save or rescue us from an impossible situation. He CROWNS US. **It's showing people** that we are HIGHLY FAVORED! That we are HIS BELOVED. That's why He crowns us with *love and compassion.*

Note : We don't know when David wrote this or why David wrote this Psalm but it is said that he wrote this in his old age. He was looking at his own life. He saw how God has chosen him forgiven him and restored everything that he lost. He must also be reflecting the times he was being chased by Saul and yet God "crowned" him, surrounded him, protected him. Why? To show that God's chesed, "love" and compassion on him.

Isn't this the same thing God did with another character in the Bible?

Biblical Illustration : Joseph was chosen and yet sold by his brothers to become a slave, became a slave of Potiphar and then accused and then imprisoned (now his life is in the pits), he was forgotten and spent some time in the pit. And then finally, Pharoah had a dream and the cupbearer remembered Joseph and Joseph interpreted the dream and he was "crowned" Prime Minister of Egypt.

Note : The time he got sold as a slave until he became Prime Minister was 13 years. He was 17 when he got sold and 30 years old when became Prime Minister.

That is what you call A REDEMPTION STORY!

Isn't that what our Lord Jesus Christ did for us. We were in the pit destined to hell and He saved us and not only saved us we became co-heirs with Christ and one of these days we will reign with our Lord.

That's why

2 Timothy 2:12 If we endure, we will also reign with him; if we deny him, he also will deny us;

In short, a person who is really saves, endures even after all the trials.

Illustration: That's why we love the story of Rocky. It's an underdog story. It resonates with us. Here's this guy Rocky, he's down in the dumps. He endured. He fought and then afterwards against all odds, he became victorious.

That's why the Bible calls us.

Romans 8: 33 Who will bring any charge against those whom God has chosen? It is God who justifies. 34 Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. 35 Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? 36 As it is written:

"For your sake we face death all day long;

we are considered as sheep to be slaughtered."

*37 No, in all these things we are **more than conquerors through him who loved us.***

You know why we are more than conquerors? This is not mine, I only heard it from my friend who heard a pastor preach on this.

Illustration: You know Manny Pacquiao. He was the one who trained for years and months and undergone all the dueling and boxing and then he won. He was the “conqueror” and earned millions and millions of dollars. And yet who “benefited” from all his fights too...Jinky Pacquiao... that’s why Jinky is “more than a conqueror”

With Jesus Christ,, He was the one who died on the cross for us and conquered death and sin and yet we are the ones who benefitted, who is still benefitting and will forever benefit from what our Lord did for us on the cross.

Which brings us to the last.

III. SATISFACTION

*5 who satisfies your desires with good things
so that your youth is renewed like the eagle’s.*

Etymology: satisfies “saw-bah” which means “full”

The KJV version says:

Who satisfieth thy mouth with good things.

Illustration: Our church just came out of prayer and fasting. During those days of fasting, my wife and I were craving for crispy kare-kare but I was craving for “pares”. So the day after the fast, my wife and I decided to go this Filipino restaurant to eat “pares”. The bowl was full and when we ate, it wasn’t that good as we expected. We tasted better “pares” but we still ate because we ordered sisig. But after eating, I said to my wife. “Busog ako pero hindi ako satisfied.” (I’m full but I’m not fulfilled)

And that’s what happens, when we’re the ones who think that certain things will satisfy us.

We think winning the lotto will satisfy us. We think having a nice house will satisfy us. We think having a nice car will satisfy us. We fill our lives with all of these things but people still feel empty. Proof, because they still want more. They already have a nice house, nice car and yet they still want more. It shows we are NOT FULFILLED...FULL BUT NOT FULFILLED...not satisfied.

That’s why David says, “IT’S THE LORD WHO SATISFY US.” HE’S THE ONE WHO SATISFIES OUR DESIRES WITH GOOD THINGS!

Jesus said,

John 10:10 I have come that they may have life, and have it to the full.

Jesus Christ is saying, “IT IS ME WHO WILL SATISFY YOU!”

so that your youth is renewed like the eagle’s.

What does this mean?

Etymology : youth “naw-oor”... it’s the same translation in the entire OT..means youth.

What does youth symbolize? Remember, this is Psalms. It’s full of metaphors.
It symbolizes the vitality and the energy of youth.

Illustration: I remember when I was young during the Christmas break when I was in the Philippines. I would wake up eat breakfast and just go out and play basketball, the whole day, literally, the whole day and then stay up late at night and then repeat it again. I can’t do that anymore. I tried to play basketball when I got older. I almost fainted after running 5x back and forth in the court.

So to paraphrase this..it means.

So that your energy or vitality is renewed like the eagle’s.

Isn’t that what happens, when we are satisfied or fulfilled? We become enthusiastic again. We become energized. We are refreshed. We are renewed inside!

But why does the Holy Spirit use the eagle as a metaphor always when it comes to renew our energy?

Illustration: Eagles don’t fly a lot, they soar. It is said that during a storm, they don’t fly through the storm and fight the storm, they use the air currents, the wind to soar above the storm. Here’s a story from the late Steve McQueen whose hobby is flying gliders. He told a story once about flying in the Rockies. He hit a thermal and rode it up to 20,000 feet. That’s extremely high for a glider. He said, *“You will never believe what I saw up there. I looked out the window, and I saw eagles. It looked as though they were asleep.”*

Why? It’s because the eagles were just riding the air currents...they were relaxed.

So how can we have this peace, this energy, this vitality even in the midst of a storm. Remember the eagle depends on the wind. **As Christians, we can be like eagles. How?**

Isaiah 40: 29 He gives strength to the weary

and increases the power of the weak.

30 Even youths grow tired and weary,

and young men stumble and fall;

31 but those who hope in the Lord

will renew their strength.

They will soar on wings like eagles;

they will run and not grow weary,

they will walk and not be faint.

And that’s the benefit of God’s children. He restores us, redeems us and satisfies us and as God’s children, we just need to put our faith, hope and trust in Him.

S.G.D.