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BENEFITS OF GOD'S CHOSEN 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.*

INTRODUCTION

Can you believe that it's already 2026? I know most of us ate a lot of food during the Christmas parties, Christmas Eve dinners etc. I usually look at how much I weigh daily but not this past week.

Story : I remember the story of a wife who walked into the bathroom at home. As she did, she saw her husband weighing himself on the bathroom scales, sucking in his stomach. The woman thought to herself, "He thinks he will weigh less by sucking in his stomach." So, the woman sarcastically said to her husband, "That's not going to help." Her husband said, "Sure it will. It's the only way I can see the numbers."

It was a tough 2025 for some of us. Usually, we focus on the negative side because of two things: **First, it's part of our nature because of our survival instincts and second, the negative things usually has a much bigger impact.** But the truth is, **if we truly think about all the blessings that we have received, it will drown the negative things that we have experienced.** And besides, for the Christians, the Bible says,

*Romans 8:28 And we know that in all things **God works for the good of those who love him, who have been called** according to his purpose.*

**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 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.

Now, what's the difference between praise and worship?

Illustration : When I was new in the faith, I thought "praise" is the fast song and "worship" is the slow song. And then somebody even told us about "high praise", and that's the time in the singing when all of us should be doing our own thing.

So now if praising is expressing admiration...

- 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.

You always hear the phrase "worship is a lifestyle". It only means, "does your life show love, honor and respect to your God?"

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

Etymology 1: soul "nepesh", it is the essence of who you are.

Quote : "Begin to see yourself as a soul with a body rather than a body with a soul". – Wayne Dyer

For example : A plant is material but it has no soul. It is something that is inside of you that lives forever.

Etymology 2: my inmost being "qereb", this is the seat of your thoughts and emotions.

For example: it is what you really think and feel inside of you.

Illustration: When someone ask us, "How are you?" We immediately reply, "Good." Even if we sometimes feel, we're not.

With these two - nepesh and qereb - 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—

Quote : This is the secret of praising the Lord – to remember what He has done and what He has given to us and most importantly, to remember who He is (*his holy name*)

Note : The reason we start worrying or start complaining is because we tend to forget what God has done for us and who God is.

Now, let me show you something here. David did not write “*And forget not all his blessings*” He wrote “*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.

Let me give a modern day illustration at work:

Let’s say you have gone above and beyond at work. You might get a pat at the back but when the boss says to you, “Here’s \$100 gift card as a sign of my appreciation.” **That’s a blessing.** He could have not given it...it’s not something that we can demand. It depends on the graciousness of the Giver.

For benefits: Let’s say, Jobert goes into an RMT to get a massage because that’s part of his benefits with Orlando (the company). He is entitled to have that massage because he is part of Orlando.

Let’s say a homeless person follows him and asks the receptionist to book a massage for him and the receptionist asks, “From what company?”

The homeless person says, “I don’t belong to any company.” Then the receptionist rejects him and the homeless person says, “But why did that man, (pointing to Jobert), can get a massage and I can’t?” What will the receptionist reply, “It’s because that’s his “benefit” as being part of Orlando.”

What we are saying now is this? All these benefits that David is saying, belong to God’s people.

That’s why David wrote with the inspiration of the Holy Spirit wrote :

Psalm 103

Of David

This means, David knows that he has been chosen and the Bible even calls him

“a man after his (God’s) heart” 1 Samuel 13:14; Acts 13:22

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.

David knows the feeling of “heaviness” when it comes to being guilty. Isn’t that the feeling of having sinned against someone or against God? It feels heavy.

That’s why David wrote in other part of the Psalms

Psalm 32: 4 For day and night

your hand was heavy on me;

my strength was sapped

as in the heat of summer.

5 Then I acknowledged my sin to you

and did not cover up my iniquity.

I said, “I will confess

my transgressions to the Lord.”

And you forgave the guilt of my sin.

Another Psalm David wrote :

Psalm 38: 4 My guilt has overwhelmed me

*like a **burden too heavy to bear.***

That’s what sin is all about. It feels heavy and when God “salakh” forgives, he lifts it up. He carries the burden itself.

The question is, “Why is it too heavy for David?” It’s because he knows he has offended and compromised his fellowship with God.

Isn’t that what happens when someone offends you or you have hurt or offended someone, it feels heavy. There’s no peace or joy in our hearts.

That’s why David wrote this Psalm after his adultery with Bathsheba.

Psalm 51:12 Restore to me the joy of your salvation

David did not lose his relationship with God. He lost the fellowship and when GOD forgives, the fellowship is returned.

Why is the joy of the fellowship returned?

In the same Psalm we are studying, David wrote :

Psalm 103: 12 as far as the east is from the west,

so far has he removed our transgressions from us.

That is what it means to forgive.

Hebrews 8:12 “For I will forgive their wickedness and I will remember their sins no more.”

(also seen in Jeremiah 31:34 and Isaiah 43:25)

Now does that mean, God suddenly has amnesia about what we have done?

No, it just means, God doesn't count our sins against us anymore.

2 Corinthians 5:19 that God was reconciling the world to himself in Christ, not counting people's sins against them

That is what is meant when it comes to forgive.

Illustration : Remember, we have a term in Tagalog, when we ask for forgiveness from someone and if the person truly forgave, he says, "Huwag kang mag-alala, wala na sa akin yun." (Don't worry, that's nothing to me anymore.) In short, he's not counting that against you.

Why can God do that? Why will He forgive our sins?

IT'S BECAUSE HIS SON, OUR LORD JESUS CHRIST HAS ALREADY PAID FOR OUR SIN.

That's why

1 John 1:9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

You see again here that when we admit our sins before God, He will not count it against us anymore.

AND WHAT'S THE BENEFIT?

OUR RELATIONSHIP AND OUR FELLOWSHIP WITH HIM IS RESTORED!

You know why God forgives our sin? It's because relationship with Him is of utmost importance. Proof? He gave His own Son Jesus Christ in order to restore back our relationship with Him.

Forgiveness is part of the benefit for His people because God longs for the fellowship and relationship with us.

How do we respond to this?

Matthew 6: 14 For if you forgive other people when they sin against you, your heavenly Father will also forgive you. 15 But if you do not forgive others their sins, your Father will not forgive your sins.

People around you need forgiveness. We ourselves need forgiveness.

Illustration : The story of Paco

Ernest Hemingway grasped some of the difficulty that characterizes relationships between fathers and sons in his short story, The Capital of the World. The story revolves around a father and his teenage son Paco, set in Spain. Paco was an extremely common name in the Spain of that time. With desires to become a matador and to escape his father's control, Paco runs away to the capital (from which the title is derived) of Spain, Madrid.

His father, desperate to reconcile with his son, follows him to Madrid and puts an ad in a local newspaper with a simple phrase:

“Dear Paco, meet me in front of the Madrid newspaper office tomorrow at noon. All is forgiven. I love you.”

Hemingway then writes, “the next day at noon in front of the newspaper office there were 800 “Pacos” all seeking forgiveness.”

Is there someone you need to forgive or you need to ask for forgiveness? Start 2026 by forgiving...again you will feel “salakh” light.

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.

Whatever that is causing us pain or grief or suffering today, God will restore it.

*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,*

What is causing you pain or suffering right now? GOD WILL RESTORE IT! HE IS THE RESTORER!

Biblical Illustration: Isn't that what He did for Job? After suffering the loss of his wealth, his family and his own health, and after realizing that God is in control and sovereign, what did God do?

Let's read it from God's Word:

*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. He had fourteen thousand sheep, six thousand camels, a thousand yoke of oxen and a thousand donkeys. 13 And he also had seven sons and three daughters. 14 The first daughter he named Jemimah, the second Keziah and the third Keren-Happuch. 15 Nowhere in all the land were there found women as beautiful as Job's daughters, and their father granted them an inheritance along with their brothers. 16 After this, Job lived a hundred and forty years; he saw his children and their children to the fourth generation. 17 And so Job died, an old man and full of years.

Why would God do restore? It's because that's who He is.

Lamentations 3:22 Because of the LORD's great love we are not consumed, for his compassions never fail. 23 they are new every morning; great is your faithfulness.

Even in the Psalm that we are studying right now, David wrote further:

Psalm 103:13 As a father has compassion on his children, so the Lord has compassion on those who fear him;

Etymology : compassion "raham", tender love; to love deeply

And we will find out more regarding God's faithfulness and compassion next time as we continue with the two other benefits.

Redemption and Satisfaction

CONCLUSION : But allow me to finish with this story on God's ultimate ability to restore.

One time, I was experiencing a great problem that's causing me so much pain in my heart. I was pouring my heart out to my best friend in the Philippines. After listening to me and after a long silence, (this friend of mine is a man of few words), he reminded me, "Jerry, it's only Friday. Sunday is coming."

What he meant by that is it was on a Good Friday that our Lord died and everything seems dark and hopeless but then Sunday came and He resurrected from the dead. He defeated the ultimate foe which no man can ever do which is death.

It means, even if it seems hopeless today, it's only Friday. God can do the impossible because He rose on a Sunday.

(Holy Spirit) Whatever pain or suffering you are experiencing right now, it's only Friday...GOD CAN RESTORE IT ONCE SUNDAY COMES! Believe it.

That's the meaning of why Jesus rose from the dead. This means, He can restore everything to something from ugly to something that's beautiful. Believe in Him! Believe in what He can do for your life!.

S.G.D.