

Lest We Forget

Part 2

Psalms 103

Psalm 103:1-3

- *Bless the LORD, O my soul:
and all that is within me, bless his holy
name.*

*² Bless the LORD, O my soul,
and forget not all his benefits:*

*³ who forgiveth all thine iniquities;
who healeth all thy diseases;*

Jesus Cures our Diseases

- Disease in Hebrew is *Tachaluw or Tachalu* – Which means: *a malady; disease or sickness.*
- The Hebrew root word is *Chala* – Which means: *to be sick of diseased*

- *Exodus 15:26 - ...For I am the Lord who heals you.” (Yahweh Rapha)*
- *The root word for heal means to fix or mend.*

- *We cannot say we have enough faith for a healing and then not have enough faith to trust the will and timing of God.*

- *2 Corinthians 12:9-10 - ⁹ And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." Therefore, most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. ¹⁰ Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ's sake. For when I am weak, then I am strong.*

- *Luke 4:18-19 - ¹⁸“The Spirit of the Lord is upon Me (the Messiah), because He has anointed Me to preach the good news to the poor. He has sent Me to announce release (pardon, forgiveness) to the captives, and recovery of sight to the blind, to set free those who are oppressed (downtrodden, bruised, crushed by tragedy), ¹⁹ to proclaim the favorable year of the Lord [the day when salvation and the favor of God abound greatly].” (AMP)*

- *Psalm 34:17-19 - ¹⁷ The righteous cry out, and the Lord hears, and delivers them out of all their troubles. ¹⁸ The Lord is near to those who have a broken heart, and saves such as have a *contrite spirit. ¹⁹ Many are the afflictions of the righteous, but the Lord delivers him out of them all.*
- **The word contrite means crushed*

- *Psalm 103:4 - who redeemeth thy life from destruction;
who crowneth thee with lovingkindness and
tender mercies;*

Jesus Crowns Us with Love and Mercy

- *Lovingkindness and mercy are the same word in Hebrew; chehed; which means kindness; show yourself merciful*
- *Tender in Hebrew is yowneqeth; which means sprout or a tender plant.*

- *The way a farmer would care for a young plant, to tend it, protect it and give it all it needs to grow strong and healthy, that is what the Holy Spirit does for us.*
- *You are precious ; therefore, God cares for us more than you or I could ever imagine.*

- *Jeremiah 30:17-18 - ¹⁷ 'For I will restore health to you and I will heal your wounds,' says the Lord, 'Because they have called you an outcast, saying: "This is Zion; no one seeks her and no one cares for her.'" ¹⁸ "Thus says the Lord, 'Behold (hear this), I will restore the fortunes of the tents of Jacob and have mercy on his dwelling places; The city will be rebuilt on its [old, mound-like] ruin, and the palace will stand on its rightful place. (AMP)*

- *Psalm 103:5 - 5 who satisfieth thy mouth with good things;
so that thy youth is renewed like the eagle's.*

Jesus Renews our Strength

- *Isaiah 40:29-31 - ²⁹ He gives power to the weak, and to those who have no might He increases strength. ³⁰ Even the youths shall faint and be weary, and the young men shall utterly fall, ³¹ But those who wait on the Lord shall renew their strength; They shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.*

- *Strength in verse 29 is koach/kowach in Hebrew. It means: firm, vigor, force, strength or power.*
- *Strength in verse 31 is ostmah in Hebrew. It means powerfulness; abundant strength.*