# THE SPIRITUAL EXERCISE OF BLESSING GOD

## PSALM 103:1-5

1. **DAVID IMMEDIATELY REFERS TO THE PART OF US THAT MUST BE ENGAGED IF THE EXERCISE WOULD BE SUCCESSFUL (1-2)**
   1. The Most Important Thing About The *"Soul"* Is That It Constitutes That Which Is *"Within"* A Man (103:1)
   2. Within The Soul Is The Thing Most Affected By The Fall: The Mind (103:2)
      1. Understanding
      2. Reasoning
      3. Imagination
      4. Memory
2. **DAVID UTILIZES HIS MEMORY TO RECALL THE WEALTH OF GOD'S BENEFITS (3-5)**
   1. Forgiveness Of Sins (103:3a)
   2. Healing Of Diseases (103:3b)
   3. Redemption From Destruction In This Life & The Next (103:4a)
   4. Physical Sustenance (103:5a)
3. **DAVID'S IMAGINATION KICKS IN AT THE RECOLLECTION OF GOD'S BENEFITS (4-5)**
   1. As He Remembers God's Lovingkindness & Mercy He Imagines Them As Crowns That Adorn His Head (103:4b)
      1. He Sees Himself Through Others Eyes As They View God's Kindness To Him
      2. His Imagination Was Spawned By The Reasoning Process (103:4a,5)
4. **DAVID'S EXERCISE IS GREATLY ENHANCED BY HIS UNDERSTANDING WHICH DISPELS DARKNESS (3-5)**