

THE SPIRITUAL EXERCISE OF BLESSING GOD

PSALM 103:1-5

I. DAVID IMMEDIATELY REFERS TO THE PART OF US THAT MUST BE ENGAGED IF THE EXERCISE WOULD BE SUCCESSFUL (1-2)

- A. The Most Important Thing About The "*Soul*" Is That It Constitutes That Which Is "*Within*" A Man (103:1)
- B. Within The Soul Is The Thing Most Affected By The Fall: The Mind (103:2)
 - 1. Understanding
 - 2. Reasoning
 - 3. Imagination
 - 4. Memory

II. DAVID UTILIZES HIS MEMORY TO RECALL THE WEALTH OF GOD'S BENEFITS (3-5)

- A. Forgiveness Of Sins (103:3a)
- B. Healing Of Diseases (103:3b)
- C. Redemption From Destruction In This Life & The Next (103:4a)
- D. Physical Sustenance (103:5a)

III. DAVID'S IMAGINATION KICKS IN AT THE RECOLLECTION OF GOD'S BENEFITS (4-5)

- A. 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)

IV. DAVID'S EXERCISE IS GREATLY ENHANCED BY HIS UNDERSTANDING WHICH DISPELS DARKNESS (3-5)