

“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)
 - B. 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)