

The Amazing Benefits of Walking With God

By Gaye Moss

Have you experienced the amazing love and mercy of God? David knew God's love and mercy very well. We have the remarkable account of his life recorded in Scripture, and we have the wonderful Psalms he wrote expressing God's goodness and faithfulness. David truly experienced God's goodness, and therefore, he was able to pen the powerful words recorded in Psalm 103. This Psalm is a beautiful love song expressing God's love and compassion toward His people. It is also a call to bless and praise the One who forgives, heals, and renews our lives.

The natural overflow of our hearts should be to bless, praise, and honor God. It is very important that we remember the wonderful benefits of our Lord who redeems and crowns our lives with His love and tender mercies. As we recall His magnificent benefits, claiming them as our own, we will be powerfully blessed!

Amazing Benefits of Walking With God Found in Psalm 103

1. God Forgives All Our Sin, He Heals All Our Diseases, He Redeems Our Lives From Destruction, and He Crowns Us With Lovingkindness and Tender Mercies.

*Bless the Lord, O my soul; and all that is within me, bless His holy name!
Bless the Lord, O my soul, and forget not all His benefits: Who forgives all your iniquities, who heals all your diseases, Who redeems your life from destruction, who crowns you with lovingkindness and tender mercies, Who satisfies your mouth with good things, so that your youth is renewed like the eagle's (vs. 1-5).*

In this Psalm, David is calling for his whole being to praise the Lord. He has wonderful reasons for praise. The Lord is the one who forgives all sin, and He heals all diseases. He delivers those who come to Him from the pit of despair and discouragement, bringing satisfaction to the heart and the soul. He even restores the vigor of youth. In addition to all these amazing benefits, He crowns all who come to Him with lovingkindness and tender mercies.

The word **renewed** (Strong's—2318) in verse five means "to be new, rebuild, and repair." God forgives, heals, satisfies, rebuilds, and repairs our broken lives. Through the trials David experienced in his life, he came to understand that he served an awesome God who could renew and redeem his life, no matter what the situation or circumstance. He had experienced the amazing love and forgiveness of God, and therefore, the cry of his heart was for his whole being to praise God.

Questions: How do you feel about the wonderful benefits of God listed in verses three through five of this psalm? How has God renewed and restored your life?

2. When We are Oppressed, God Will Help Us.

The Lord executes righteousness and justice for all who are oppressed (v.6).

Here is that word **all** again. God doesn't leave anyone out. If we are oppressed, we are candidates for the Lord to work righteousness and justice in our lives. The word **righteousness** (Strong's—6666) also means prosperity. We can get excited because our righteous and loving God will lift us out of oppression, and He will cause us to prosper.

3. God Abounds in Mercy, Love, and Forgiveness.

The Lord is merciful and gracious, slow to anger and abounding in mercy... He has not dealt with us according to our sins, nor punished us according to our iniquities. As far as the heavens are high above the earth, so great is His mercy toward those who fear Him; As far as the east is from the west, so far has He removed our transgressions from us (vs.8-12).

The NIV Bible translates the word mercy as love. God is merciful and loving. It is because of His great love that He extends mercy and forgiveness to us.

Questions: How have you experienced the abounding love, mercy, grace, and forgiveness that David talks about in these verses? How comforted does it make you feel to know that your sins are removed as far as the east is from the west?

4. God Remembers Those Who Trust and Reverently Fear Him.

As a father pities his children, so the Lord pities those who fear Him. For He knows our frame; He remembers that we are dust (vs. 13-14).

God knows and understands our weaknesses and our frailties. Our God is a loving and compassionate Father who knows and understands everything about us. He knows every hurt, pain, and trial we have experienced in our lives. He therefore understands when we struggle with sin. That is why He sent Jesus to rescue us.

5. God's Love and Mercy are Everlasting, and His Righteousness is With the Children's Children of Those Who Keep His Covenant.

But the mercy of the Lord is from everlasting to everlasting on those who fear Him, and His righteousness to children's children, to such as keep His covenant, and to those who remember His commandments to do them (vs.17-18).

These are amazing promises! When we fear the Lord, we will know and experience His everlasting mercy, and even our children's children will experience His righteousness. The word **fear** (Strong's, 3373) in verse 17 also means reverence, which is a *feeling or attitude of deep respect, love, and awe* (Webster's Dictionary). As we saw earlier in verse six, the word righteousness also means prosperity. When our attitude toward God is one of deep respect, love, and awe, and we hold fast to His commandments (His Covenant), we will be blessed beyond measure.

Questions: From the preceding verses, what do we need to do in order to walk in God's everlasting mercy and love, as well as His prosperity? How important is it for us to walk in reverential fear of the Lord?

6. God Rules Over All.

The Lord has established His throne in heaven, and His kingdom rules over all (v.19).

We can rest in the promise that God rules over everything. When we belong to Him, there is never any reason to fear. He is in control of everything that concerns us.

7. God has Mighty Angels to Assist Us in Our Walk With Him.

Bless the Lord, you His angels, who excel in strength, who do His word, heeding the voice of His word. Bless the Lord, all you His host, you ministers of His, who do His pleasure (vs. 20-21).

In these verses, David calls on the angels to praise the Lord. The angels follow God's commands, and they obey His word. When we are obedient to God's word, we can know and trust that God has mighty angels that will accompany us. When we give voice to God's Word, we are actually calling angels on the scene to assist us.

Questions: How does it make you feel to know that God rules over all, and that He has mighty angels to help and assist you? How are you encouraged by the wonderful benefits of God recorded in this psalm?

Lesson Application: Take some time this week and read Psalm 103 making it personally yours. Begin to say:

*Bless the Lord, O my soul; and all that is within me, bless His holy name! Bless the Lord, O my soul, and forget not all His benefits: Who forgives all **my** iniquities, who heals all **my** diseases, Who redeems **my** life from destruction, who crowns **me** with lovingkindness and tender mercies, Who satisfies **my** mouth with good things, so that **my** youth is renewed like the eagle's (Psalm 103:1-5).*

Conclusion: I know a lady who was seeking healing. She was encouraged to search the Scripture for healing promises. When she found the promise that God heals all our diseases in Psalm 103:3, she became very excited. As she shared her excitement with her husband, he said, "When you get to heaven all your diseases will be healed." She thought for a moment, and then she said, "Does God wait to forgive all my sins until I get to heaven?" He laughed and said, "You have a good point."

She began to claim the promises of Psalm 103, along with many other wonderful promises from Scripture, and she saw God's Word bring amazing healing to her life. It didn't happen overnight, but as she persisted in claiming the promises of God, she experienced total healing. It was amazing!

(All Scripture quotes are taken from the NKJV of the Bible.)

