

Forget Not All His Benefits

by Coty Pinckney 11/7/08

David writes in Psalm 103:

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

Pray with me as I recount some of those benefits:

- I praise You, Lord, for though I deserve your wrath and judgment, instead in Christ I have forgiveness for all my iniquities.
- I praise You that Your love and mercy follow me all the days of my life.
- I praise You for giving me health and energy – all the health and energy I need to fulfill Your plans for me. In particular, I thank You for the physical ability to go out for a run on this brilliant autumn day.
- I praise You that You work justice for all the oppressed – that You will eventually right all wrongs, that You will eventually see that perfect justice is done. In the present, Lord, I thank You that it is possible today for a man to be elected President of this country who only a few decades ago would not have been allowed to sit next to me at a lunch counter in this city.
- I praise You, Lord, that You are not silent. I praise You that you speak through Your Word, telling us everything we need to know for life and godliness. I thank You for the privilege of reading, studying, and proclaiming Your Word, and rejoice in the way You have worked in my life to make me into a pastor and teacher.
- I praise You, Father God, that you restrain the expression of Your wrath, displaying great patience and forbearance, waiting until all those who are Yours have come to repentance.
- I praise You, Father, for the breadth and length and height and depth of Your love.
- I praise You, Gracious Lord, for separating me from my sins as far as the east is from the west.
- I praise You, Holy Father, that You command my fear, and that You shower on me Your compassion.
- I praise You, O Creator, that You know my every weakness, You see my every sin, You discern my every thought – and yet, knowing all that, You call me Yours because of the sacrifice of my Lord Jesus.
- I thank You, Sovereign Lord, for this country and the ideals of equality and liberty that we espouse. I praise You also that like a flower of the field, all the riches, power, and accomplishments of this country will one day blow away, but that Your covenant promises endure forever in Your eternal Kingdom, where Your Son will reign in righteousness for all eternity.

- I praise You, Lord and Savior, that You have surrounded me with men and women who treasure You, who love You, who desire to keep Your commandments and to bring glory to Your Name. Thank You for showing me Yourself through their humble service, through their forgiving hearts, through their generous gifts, and through their enduring love. Thank You for showering Your love and mercy on us as a Body.
- I praise You, King of the Nations, that You rule over all, and that You have ordained that every knee will bow and every tongue confess that Jesus Christ is Lord, to Your great glory. Thank You that You give us the great privilege of sharing in the spreading of a passion for Your supremacy among all the peoples of this earth.
- I praise You, Lord of All, that all Your works shall praise Your Name in earth and sky and sea. I thank You that You have opened my eyes so that I might see the light of the Gospel of Your glory in the face of Jesus Christ. May my voice join with the angels and archangels, with the rocks and the hills, with deer and antelope, with sun and stars, with men and women throughout Your creation in proclaiming that You are God and there is no other, that only in You are righteousness and strength, that You alone are Author of Life and Conqueror of Death.

All that is within me, bless Your holy Name!