

Message: Bless the Lord Oh my soul

Text: Psalm 103 verse 1

Bible Reading: Psalm 103 verse 1- end

In Psalm 103 verses 1- end

BLESS the LORD, O my soul: and all that is within me, *bless* his holy name. 2 Bless the LORD, O my soul, and forget not all his benefits: 3 Who forgiveth all thine iniquities; who healeth all thy diseases; 4 Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; 5 Who satisfieth thy mouth with good *things*; so *that* thy youth is renewed like the eagle's. 6 The LORD executeth righteousness and judgment for all that are oppressed. 7 He made known his ways unto Moses, his acts unto the children of Israel. 8 The LORD *is* merciful and gracious, slow to anger, and plenteous in mercy. 9 He will not always chide: neither will he keep *his anger* for ever. 10 He hath not dealt with us after our sins; nor rewarded us according to our iniquities. 11 For as the heaven is high above the earth, so great is his mercy toward them that fear him. 12 As far as the east is from the west, so far hath he removed our transgressions from us. 13 Like as a father pitieth *his* children, so the LORD pitieth them that fear him. 14 For he knoweth our frame; he remembereth that we *are* dust. 15 *As for* man, his days *are* as grass: as a flower of the field, so he flourisheth. 16 For the wind passeth over it, and it is gone; and the place thereof shall know it no more. 17 But the mercy of the LORD *is* from everlasting to everlasting upon them that fear him, and his righteousness unto children's children; 18 To such as keep his covenant, and to those that remember his commandments to do them. 19 The LORD hath prepared his throne in the heavens; and his kingdom ruleth over all. 20 Bless the LORD, ye his angels, that excel in strength, that do his commandments, hearkening unto the voice of his word. 21 Bless ye the LORD, all ye his hosts; ye ministers of his, that do his pleasure. 22 Bless the LORD, all his works in all places of his dominion: bless the LORD, O my soul.

We are looking at what is titled bless the Lord oh my soul, to bless the Lord means

- Thanking him
- To appreciate him
- Sing a new song unto him
- Make a joyful noise unto the Lord
- Referencing him for what he has done
- Recognising him as Lord who liveth forever

Why our souls do need to bless the Lord?

- Because the Lord has saved us
- For preservation
- For delivering us from danger
- For seeing us through the valley of the shadow of death
- For his protection
- For the life in us

To some they only bless God when they receive answers to their prayers, when answers are delayed they don't bless God, forgetting that the Lord has blessed them with life and without the life there is nothing any man can do.

Learn to bless the Lord always irrespective of your situations; you are not the worse, you are better than some people. Bless the Lord Oh my soul. How many of you will like to count his or her blessings this year and want to bless the Lord? Rise on your feet and sing the hymn COUNT YOUR BLESSINGS

#### Prayer

1. I bless the Lord for my life and the life of my family members in the name of Jesus
2. Father Lord give the reasons to always bless your name always in the name of Jesus
3. Power to appreciate God in all situations fall upon me in the name of Jesus
4. I refused to be an ingrate to my maker in the name of Jesus
5. Lord Jesus help me to daily sing a new song of praise unto the Lord always in the name of Jesus
6. No matter what I face I will praise the Lord in the name of Jesus
7. My life appreciate God for his goodness and mercy in the name of Jesus
8. Powers of complaining and murmuring release me and die in the name of Jesus
9. I refused to let Satan take over my testimonies in the name of Jesus
10. Lord Jesus daily give me a new song and a new dance in the name of Jesus
11. No matter what I face I will dance unto the Lord in the name of Jesus
12. Arrows fired to destroy my joy and testimony die in the name of Jesus
13. Strange voice saying I should not appreciate God shut up and die in the name of Jesus
14. The Joy of the Lord is my strength in the name of Jesus
15. The Joy of the Lord shall never cease in my family in the name of Jesus
16. I shall not miss on the blessings and joy in the presence of the Lord
17. Lord Jesus daily load my life with benefits that will satisfy me in the name of Jesus
18. My father help me daily to appreciate you and testify to your goodness in the name of Jesus
19. My Life come out of daily heaviness and sorrow and enter into abundance of Joy in the name of Jesus
20. Lord I thank you for filling my heart with your joy in the name of Jesus