



The Jesus Trip

A **365** DAY JOURNEY OF FINDING HIM FROM GENESIS TO REVELATION

The Book of Psalms

Hebrew: ,תְּהִלִּים Tehillim, "praises"), commonly referred to simply as Psalms or "the Psalms", is the first book of the Ketuvim ("Writings"), the third section of the Hebrew Bible, and a book of the Christian Old Testament.

The title is derived from the Greek translation, ψαλμοί, psalmoi, meaning "instrumental music" and, by extension, "the words accompanying the music". The book is an anthology of individual psalms, with 150 in the Jewish and Western Christian tradition and more in the Eastern Christian churches.



Psalm 103

The first verse attributes it to King David, the author of many Psalms. It is a hymn, beginning in English "Bless the Lord, O my soul" (KJV).

This psalm is a regular part of Jewish, Catholic and Eastern liturgies. It has been paraphrased as hymns and set to music.



David was a man after God's own heart. He knew he was loved by God and lived with an outrageous revelation of the goodness and love of God that saw him able to experience God in ways that were way outside of his time. (Zach Sloane)



Heb 1: 1-3 NLT

Long ago God spoke many times and in many ways to our ancestors through the prophets. 2 **And now in these final days, he has spoken to us through his Son.** God promised everything to the Son as an inheritance, and through the Son he created the universe. 3 **The Son radiates God's own glory and expresses the very character of God,** and he sustains everything by the mighty power of his command.

The Son is the radiance and only expression of the glory of [our awesome] God [reflecting God's [a]Shekinah glory, the Light-being, the brilliant light of the divine], **and the exact representation and perfect imprint of His [Father's] essence (Amp)**



- David wrote a grace filled song celebrating the benefits of being in a relationship with God.
- It would have been a radical song in his day.
- This was contrary to the teaching of the Old Covenant.
- Every year you had to revisit your sin condition before God.



The world's concept of benefits:

- In general, indirect and non-cash compensation paid to an employee. Some benefits are mandated by law (such as social security, unemployment compensation, and workers compensation), others vary from firm to firm or industry to industry (such as health insurance, life insurance, medical plan, paid vacation, pension, gratuity).



Psalm 103: 1-2

Bless and affectionately praise the Lord, O my soul,
And all that is [deep] within me, bless His holy name.
Bless and affectionately praise the Lord, O my soul,

And do not forget any of His benefits;



Psalm 103: 1-2

- David is giving himself a pep talk
- The tone of David's self talk- he is encouraging himself in the goodness of God
- Ps 42 and 43 - Why art thou cast down, O my soul? and why art thou disquieted against me? Wait thou for God, for I shall yet praise him for the wellbeing of his presence.
- How does David encourage himself... by remembering!
DO NOT: Forget- ignore, forget, cease to care

What are we to remember ...THE GOOD THINGS **BENEFITS**

Ghemule—used 19X 10X recompense, 3X reward, 2X benefit
(good action, retribution, justice, atonement)



Psalm 103: 1-5

Bless and affectionately praise the Lord, O my soul,
And all that is [deep] within me, bless His holy name.

Bless and affectionately praise the Lord, O my soul,
And do not forget any of His benefits;

Who forgives all your sins,

Who heals all your diseases;

Who redeems your life from the pit,

Who crowns you [lavishly] with lovingkindness and tender
mercy;

Who satisfies your years with good things,

So that your youth is renewed like the [soaring] eagle.



The Kingdom Benefits from our Heavenly Father!

- **Forgiven**
- **Healed**
- **Redemption**
- **Crowned**
- **Satisfied**



Forgiven

Exodus 34:7 “...keeping mercy for thousands, forgiving iniquity and transgression and sin, **by no means clearing the guilty, visiting the iniquity of the fathers upon the children and the children’s children to the third and the fourth generation.**”

Luke 24:46-47 “Then He said to them, “Thus it is written, and thus it was necessary for the Christ to suffer and to rise from the dead the third day, **and that repentance and remission of sins should be preached in His name to all nations,** beginning at Jerusalem.”



Remission:— (Aphesis) 1. release from bondage or imprisonment 2. forgiveness or pardon, of sins (letting them go as if they had never been committed), remission of the penalty

Forgiveness is not something God does, it's something He's **done**.



A New Covenant:

Matthew 26:28 “For this is My blood of the new covenant, which is shed for many **for the remission of sins.**”

Acts 13:38 “Therefore let it be known to you, brethren, that through this Man is preached to you the forgiveness of sins;”

Acts 5:31 “Him God has exalted to His right hand to be Prince and Savior, **to give repentance to Israel and forgiveness of sins.**”

Acts 26:18 “...to open their eyes, in order to turn them from darkness to light, and from the power of Satan to God, that they **may receive forgiveness of sins** and an inheritance among those who are sanctified by faith in Me.”



Psalm 103:10-12 (David saw the future)

“He hath not dealt with us after our sins; **nor rewarded us according to our iniquities**. For as the heaven is high above the earth, so great is his mercy toward them that fear him. **As far as the east is from the west, so far hath he removed our transgressions from us.**”



Jeremiah 31:29-31, 34

“In those days they shall say no more ‘The fathers have eaten sour grapes, And the children’s teeth are set on edge.’ But every one shall die for his own iniquity; every man who eats the sour grapes, his teeth shall be set on edge. ...

“Behold, the days are coming, says the Lord, when I will make **a new covenant** with the house of Israel and with the house of Judah— ... **For I will forgive their iniquity, and their sin I will remember no more.**



1. Removes Our Transgressions

Iniquities:— Inward motivation .. Heart ...
Attitude ... Out of line

Transgressions:— Outward movement ..
Hand ... Action

“As far as east is from west”
Completely and Forever!!! **My whiteboard is
forever clean!**



2. Remembers Our Sins No More

Hebrews 8:12 “...and their sins and their lawless deeds I will remember no more.”

Remember:— to recall or bring something up for use.

Accuser does ... others do

Doesn't forget ... God makes a choice to never recall your sin.



3. Releases Us From Iniquities

Rule: You can't charge twice for the same sin.

Jesus paid it ALL!!! Believe in Jesus and you are released.



John 19:28-30 “After this, Jesus, knowing that all things were now accomplished, that the Scripture might be fulfilled, said, “I thirst!” Now a vessel full of sour wine was sitting there; and they filled a sponge with sour wine, put it on hyssop, and put it to His mouth. So when Jesus had received the sour wine, He said, “It is finished!” And bowing His head, He gave up His spirit.”

**I Thirst!!! For your... Forgiveness, Freedom,
Healing**



Healed

Isaiah 53:4-5 AMP

“Surely He has borne our griefs (sicknesses, weaknesses, and distresses) and carried our sorrows and pains [of punishment], yet we [ignorantly] considered Him stricken, smitten, and afflicted by God [as if with leprosy].”

“But He was wounded for our transgressions, He was bruised for our guilt and iniquities; the chastisement [needful to obtain] peace and well-being for us was upon Him, **and with the stripes [that wounded] Him we are healed and made whole.**”



Healed

Matthew 8:16-17 “When evening came, they brought to Him many who were under the power of demons, and He drove out the spirits with a word and restored to health all who were sick.

And thus He fulfilled what was spoken by the prophet Isaiah, He Himself took [in order to carry away] our weaknesses and infirmities and bore away our diseases.”



Healed

1 Peter 2:24 “...who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—**by whose stripes you were healed.**”

How do you get healed? Same way you got forgiveness. He graciously provided it and you believed Him and received it.

Ephesians 2:8 “For by grace you have been saved through faith, and that not of yourselves; it is the gift of God,” **sode'-zo:— rescue, save from destruction, heal, restore health**



Redemption

“ vs 4 Redeems Your Life From Destruction.”

Ga'al:— Act as kinsman-redeemer by marrying brother's widow to beget a child for him, to redeem from slavery, to redeem land, to exact vengeance, to redeem by payment to redeem individuals from death.

Romans 6:17-19 “Thank God! Once you were slaves of sin, but now you wholeheartedly obey this teaching we have given you. Now you are free from your slavery to sin, and you have become slaves to righteous living.”

Ruth 4:14 “Then the women of the town said to Naomi, ‘Praise the Lord, who has now provided a redeemer for your family!’”



Crowned

Ps 103 vs. 4 “Who crowns you with loving kindness and tender mercies,”

Crown (ʿatar):—to surround, to crown, give a crown, crown-bestower

Crown in scripture represents authority.



All Authority Is Given

Romans 13:1 “Let every soul be subject to the governing authorities. For there is no authority except from God, and the authorities that exist are appointed by God.”

Adam Was Given Authority

Genesis 1:26 “Then God said, ‘Let Us make man in Our image, according to Our likeness; let them have dominion’...”

Psalm 8:4-6 “What are mere mortals that you should think about them, human beings that you should care for them? Yet you made them only a little lower than God crowned them with glory and honor. You gave them charge of everything you made, putting all things under their authority.”



Authority Was Given To devil

Luke 4:6-8 (NIV) “And he said to him, ‘I will give you all their authority and splendor; it has been given to me, and I can give it to anyone I want to. If you worship me, it will all be yours.’

Jesus answered, ‘It is written: ‘Worship the Lord your God

“And he said to him, ‘I will give you all their authority and splendor; it has been given to me, and I can give it to anyone I want to. If you worship me, it will all be yours.’

Jesus answered, ‘It is written: ‘Worship the Lord your God and serve him only.’”



Jesus Was Given Authority

Matthew 9:6-8 “But I want you to know that the Son of Man has authority on earth to forgive sins.’ ...’Get up, take your mat and go home.’ ...When the crowd saw this, they were filled with awe; and they praised God, who had given such authority to man.”

John 5:27 “And He has given Him authority and granted Him power to execute (exercise, practice) judgment because He is a Son of man [very man].”

Jesus Recovered All Authority

Matthew 28:18-19 “And Jesus came and spoke to them, saying, “All authority has been given to Me in heaven and on earth. Go therefore and make disciples of all the nations,...”



Jesus gives us authority to act!

John 14:12-13

“Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to My Father. And whatever you ask in My name, that I will do, that the Father may be glorified in the Son.”



Jesus Crowned Us To Reign

Revelation 1:5-6 “To Him who loved us and washed us from our sins in His own blood, and has made us kings and priests to His God and Father, to Him be glory and dominion forever and ever. Amen.”

2 Peter 2:9 “But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light;”

Kings Reign = Priests Connect



Satisfied

Ps 103:5 (ESV) “who satisfies you with good so that your youth is renewed like the eagle’s

With God SATISFACTION IS ALWAYS GUARANTEED

There is nothing false about what JESUS promises us...His life and ministry were demonstrations of God’s healing, deliverance, freedom, joy, life, satisfaction.

David extols:

1. Our Extraordinary condition- **we are satisfied**
2. The Extraordinary effect – **we are renewed**



The KJV translates Strong's H7646 in the following manner:

satisfy (47x), fill (25x), full (15x), plenty (2x), enough (2x), satiate (1x), sufficed (1x), unsatiable (1x), weary (1x).

He satisfies right to the core of my being... my soul— David says... **Bless the Lord O my SOUL**

Isaiah 58:11 (AMP) “And the Lord shall guide you continually and satisfy you in drought and in dry places and make strong your bones. And you shall be like a watered garden and like a spring of water whose waters fail not.”

Psalms 107:9 (KJV) “**For he satisfieth the longing soul,** and filleth the hungry soul with goodness



THE EXTRAORDINARY EFFECT- YOUTH IS RENEWED

The Hebrew word is “Khadash”- make new, cut/polish like a sword–renew your youth so that like an eagle...

The eagle is one of the most Majestic Birds- used in folklore mentioned over 30 times in the bible as a model for our lives.



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