

# **PSALM 103**

**David's Doxology:  
The Sum of the Psalter**

# Introducing Psalm 103

- **Book 4 concludes with 4 psalms calling God's people to bless, thank, and praise Him. [See Notes.]**
- **Book 4 contains only 2 psalms attributed to David (Psalms 101 and 103).**
- **Song writers have based a number of popular hymns on Psalm 103.**

**“Praise to the Lord, the Almighty,  
the King of Creation”  
(Joachim Neander, 1680)**

**Praise to the Lord, the Almighty, the King  
of creation!**

**O my soul, praise Him, for He is thy health  
and salvation!**

**All ye who hear, now to His temple draw  
near;**

**Praise Him in glad adoration.**



# Praying Psalm 103

- Lord, help me to never forget any of the benefits You have given me. [v. 2]
- Thank You, Lord, for pardoning my iniquities. [v. 3]
- How I praise You for being gracious and compassionate to me. [v. 8]
- Thank You, God, for considering my frailty. [v. 14]



# Understanding Psalm 103

- I. An Individual Call to Praise (vv. 1–5)
  - II. Israel's Cause for Praise (vv. 6–18)
- III. A Universal Call to Praise (vv. 19–22)



# Understanding Psalm 103

**v. 1** “Bless the LORD, O my soul”:

Bendize, ó minha alma,

- “Bendize” = acknowledge the LORD in His position of power with all the respect due Him.
- “Alma” = the individual’s total being: mind, heart, and will.

# Understanding Psalm 103

**v. 2** “His benefits”: seus benefícios

- **What are they?**
  - **Pardoned and healed (v. 3)**
  - **Redeemed and crowned (v. 4)**
  - **Satisfied and renewed (v. 5)**

## 2 Chronicles 32:25

Mas não correspondeu Ezequias  
ao benefício que lhe fora feito;  
porque o seu coração se exaltou;  
por isso veio grande ira sobre ele,  
e sobre Judá e Jerusalém.



# Psalm 116:12–14

**12** What shall I render to the LORD

For all His benefits toward me?

**13** I shall lift up the cup of salvation

And call upon the name of the LORD.

**14** I shall pay my vows to the LORD,

Oh may it be in the presence of all His  
people.

# Romans 6:22

**But now having been freed from sin  
and enslaved to God,  
you derive your benefit,  
resulting in sanctification,  
and the outcome, eternal life.**

# Understanding Psalm 103

**v. 3** “Who heals all your diseases”:  
que sara todas as tuas enfermidades

- See Notes.

# Understanding Psalm 103

**v. 4** “redeems your life from the pit”:  
Que redime a tua vida da perdição

- The text most likely speaks of resurrection to eternal life.
- Compare Psalms 16:9–11 and 49:7–9, 14–15.



# Understanding Psalm 103

## v. 5 “your years”

- Hebrew: “your ornament”
- “thine old age” (JPS): tua velhice
- “you” (ESV, NRSV) = one’s soul or self
  - “my glory” in Psalms 7:5; 16:9; 30:12; and 57:8
- “your desires” (NIV)
- “your mouth” (NKJV): tua boca
- “your life” (NET)
- Some Jewish commentators: “your body”

# Understanding Psalm 103

**vv. 8–10** Echo of Exodus 34:6–7

- David's quote of Exodus 34:6–7 is one of several in the Old Testament.
  - Nehemiah 9:17
  - Psalms 86:15; 145:8
  - Joel 2:13
  - Jonah 4:2

# Understanding Psalm 103

**vv. 8–10** Echo of Exodus 34:6–7

- **David's quote of Exodus 34:6–7 is one of several in the Old Testament.**
- **Evidence that the Israelites accepted Moses' writings as authoritative Scripture long before the closing of the Old Testament around 400 B.C.**



# Understanding Psalm 103

**v. 10** “He has not dealt with us”:

Não nos tratou segundo os nossos pecados

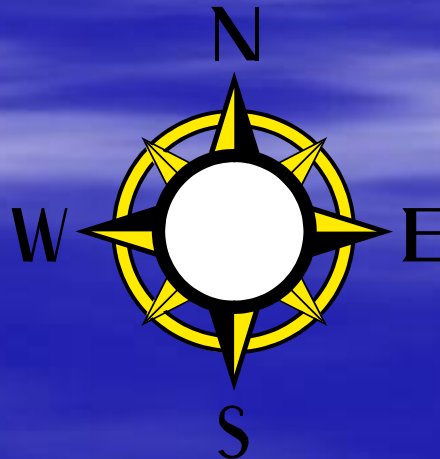
- **Explanation of what God’s grace is all about.**
  - We cannot earn forgiveness for our sins — it is God’s gift.
- **As sinners we deserve death (Rom 6:23) and the most extreme of punishments because we have rebelled against God and acted as His enemies (Rom 5:10).**



# Understanding Psalm 103

**v. 12** “has He removed our transgressions”: assim afasta de nós as nossas transgressões

- As in verse 3, God exhibits His loyal love primarily through forgiveness.



**“We may find it difficult  
not to place limits on our compassion,  
but God doesn’t.**

**We may find it impossible  
to wipe the slate clean,  
to forgive when others offend us,  
but God doesn’t.”**

**— Robert Davidson**

# Understanding Psalm 103

## **vv. 14–16** Flesh is a Fading Flower

- “For” in verse 14 might better be translated “Indeed”—emphatic.
- We do not base our assurance on our character, but on God’s character.
  - He is eternal and unchanging, while we are transitory and changing.

# Understanding Psalm 103

**v. 15** “As for man”: Quanto ao homem

- “Man” = Hebrew *'enosh*, with concept of mortality, weakness, or even sickness.
  - It is a fitting word in this context.



# Job 25:6

“How much less **man**, that maggot,  
And the son of man, that worm!”

# Isaiah 13:12

I will make **mortal man** scarcer than pure gold

And mankind than the gold of Ophir.

# Isaiah 51:12

“I, even I, am He who comforts you.

Who are you that you are afraid of **man**  
who dies

And of the son of man who is made like  
grass, . . .”

# Understanding Psalm 103

## **vv. 17–18** Recipients of God's Unfailing Love

- **“those who fear Him”**: aqueles que o temem = **believers**
- **“those who keep His covenant”**: aqueles que guardam a sua aliança = **faithful believers**



# Understanding Psalm 103

## **vv. 17–18** Recipients of God's Unfailing Love

- “[those who] remember His precepts to do them”: os que se lembram dos seus mandamentos para os cumprir = **obedient believers**

# James 2:17–18

**17** Assim também a fé, se não tiver as obras, é morta em si mesma.

**18** Mas dirá alguém: Tu tens a fé, e eu tenho as obras; mostra-me a tua fé sem as tuas obras, e eu te mostrarei a minha fé pelas minhas obras.

# Understanding Psalm 103

**v. 17** “from everlasting to everlasting”:  
desde a eternidade e até a eternidade

- **Psalm 90:2.**

*Before the mountains were born*

*Or You gave birth to the earth and the world,*

*Even from everlasting to everlasting,*

*You are God.*

- **The ephemeral nature of man in contrast with the eternal and unchanging nature of God.**



# Understanding Psalm 103

**v. 19** “His sovereignty rules over all”:  
e o seu reino domina sobre tudo

- David’s prayer in 1 Chronicles 29:12 —  
“Both riches and honor come from You,  
and **You rule over all**, and in Your hand is  
power and might; and it lies in Your hand  
to make great and to strengthen  
everyone.”



# Understanding Psalm 103

## vv. 20–21 Angelology

- **Angels are:**
  - **“Messengers”**: anjos.
  - **“Mighty ones”**: que excedeis em força.
  - **Obedient to the Yahweh’s word**: obedecendo à voz da sua palavra.
  - **An organized army** (todos os seus exércitos).
  - **“Ministers,” serving God**: vós ministros seus.

# Understanding Psalm 103

**v. 22** “all you works of His”: todas as suas obras

- Began with one person (vv. 1–5), expands to Israel (vv. 6–18), then all creation (vv. 19–22).
  - Soloist summons all creation to be part of the choir of praise.
- One person devoted to God can impact the whole world.
- God’s praiseworthiness so great even all of His works are inadequate to proclaim His praise.

# Preaching/Teaching Psalm 103

- We should constantly praise the Lord with all of our being.
- Assurance is founded upon God's character, not ours.
- Individual praise stimulates corporate praise.