



## *Session 2 Living in the Power of God’s Love*

### **I. GOD’S LOVE – HIS HESED – IN PSALM 103**

*4 Sections: (vv. 1-2; 3-5; 6-19; 20-22)*

#### **A. Psalm 103:1-2 Exhorting Your Own Soul to Bless the Lord**

1. King David, known for being a man after God’s own heart, was zealous to experience ALL the benefits of God’s grace that were available to him because of God’s faithful love. Therefore, as he stands in the midst of the worship assembly, he sings over his own soul awakening it to the reality of who God is and what God has done.

***Psalm 103:1-2 Bless the Lord, O my soul, and all that is within me, bless His holy name! Bless the Lord, O my soul, and forget none of His benefits!***

#### **SOUL – BLESS – LORD**

2. **SOUL** - We don’t know exactly when King David wrote and sung this song, but every one of us can relate to moments, or days, or weeks or months, where your own soul is blinded to God’s presence and power.

- a. Before you became a born again believer, your soul used to rule over your life.
- b. After you received Jesus Christ into your heart, your spirit man – became the dwelling place for God. Daily, your mind needs to be renewed to this reality of the new you (Rom. 12:1-2), so that you can walk by the leadership of the Spirit of God living on the inside of you and not by your flesh – your unredeemed soul. (Gal. 5:16-25)
- c. Your reborn spirit, which has become one spirit with Him (1 Cor. 6:17) is to have dominion over your soul. Your spirit is to be dominant in your decision making and thought processes.

3. **BLESS** – *Barak*, the Hebrew word for “bless” can be translated as “to pronounce blessings, to give praise, or to give thanks.

- a. **PRAISE** – While the NKJV translates Psalm 103:1-2 as “Bless the Lord,” many other translations translate this same verse as “Praise the Lord.”  
***Psalm 34:1 I will bless the Lord at all times; His praise shall continually be in my mouth.***
- b. **THANK** – Thankfully coming into agreement with God’s Word – His will and His way – through the confession of your mouth is one of the simplest ways to tap into the “Power of the Gospel.” See “The Great Exchange of the Cross [www.camarillohealingrooms/resources/handouts](http://www.camarillohealingrooms/resources/handouts)
- c. Blessing, praising, and thanking the Lord is how we enter into His presence and power.  
***Psalm 100:4 Enter into His gates with thanksgiving, and into His courts with praise (tehillah). Be thankful (yadah) to Him, and bless (barak) His name.***

4. **LORD, YHWH** - In Psalm 103, eleven times God’s name, “Lord” is mentioned. In the New Testament, approximately 100 times Jesus is called Lord. Be zealous to “bless the Lord”, by confessing with your mouth Jesus to be the Lord of your salvation – your all-inclusive salvation as listed in Psalm 103:3-5.

*Rom. 10:9 ... if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved.*

**B. Psalm 103: 3-5 The Apex of the Lord’s “Hesed” for the Individual – The Cross**

1. After King David commands his soul to bless the Lord, he shifts his focus from his own soul to God’s everlasting faithful love, the Lord’s *hesed*, first towards himself as an individual (vs. 3-5), second towards the Israelites as a nation (6-19), and finally towards all of God’s creation (vs. 20-22).

2. King David began to unite his heart with God’s heart, by singing what I believe to be the “Song of All Songs” – the “Song of the Lamb”. (Ps. 103:3-5) This is the song of what Jesus did for us through the work of the cross, which is to be the pinnacle of all our praise and thanks to God.

a. King David is speaking to his own soul, as he declares six core realities about the grace of God. These realities make up what we now understand to be the “gospel of the grace of God.”

b. Because King David is speaking to his own soul, the personal pronouns “you” and “your” in Psalm 103: 3-5 occur repeatedly.

c. As you get these core benefits of the “gospel of grace” into your conversation with God you will begin to tap into the power of your salvation – the power of God’s love for you.

3. Declaration:

**Bless the Lord, O my soul, and don’t forget this benefit of His**

\_\_\_\_\_ (name the benefit) as \_\_\_\_\_ (list the benefit as worded below).

<b>Core Benefits</b>	<b>Psalm 103:3-5</b>
Forgiveness	<i>3. Jesus has forgiven you of all your iniquities- past, present, and future</i>
Healing	<i>3. Jesus has healed you of all your diseases,</i>
Redemption	<i>4. Jesus has redeemed your life from destruction</i>
Crown	<i>4. Jesus has crowned you with lovingkindness and tender mercies,</i>
Satisfaction	<i>5. Jesus has satisfied your mouth with good things,</i>
Renewal	<i>5. Jesus has renewed your youth like the eagle’s.</i>

4. How often are you to proclaim the good news of His salvation?

*Psalm 96:2-3 Sing to the Lord, bless His name; proclaim the good news of His salvation from day to day.*

**C. Psalm 103:6-19 The Lord’s “Hesed” for the Community**

King David’s zeal spills over from addressing his own soul to “bless the Lord” to addressing the entire congregation, highlighting aspects of God’s grace that they all have witnessed. (Psalm 103:6-19) The personal pronouns of me, my, you and your that are seen in the first five verses change to our, us, we, and them. In this section, he recounts who God is and what God has done in their redemptive history.

D. Psalm 103:20-22 Universal Exhortation to Respond to God’s “Hesed”

King David preaches to God’s angels, all the hosts of heaven, and all the works of God’s hands to join him in this ever increasing crescendo of praise. Finally, he ends his song with the same exhortation in which he began it – “Bless the Lord, O my soul.”

*Psalm 103:20 Bless the Lord, you His angels... 21 Bless the Lord, all you His hosts... 22 Bless the Lord, all His works... Bless the Lord, O my soul.*

II. “HESED” - GOD’S EVERLASTING FAITHFUL LOVE

A. God’s love had so impacted King David that it became the theme song for his life with God, silencing any negative soul melodies that would arise. Yes, soul issues arose for King David wanting to play first string in his life, but he hushed them with songs like Psalm 103. As King David did this over and over again singing about God’s limitless love, his fears, doubts, discouragements, and even his enemies were subdued by the Lord of his salvation.

B. As a Christian, who zealously desires to “Live in the Power of the Gospel”, all that God has made available to you through the finished work of the cross, it is imperative that you stay connected to the “Power of God’s Love” - His *hesed*. What does this mean? It means that you do not allow anything to stand in your way of abiding in the fulness of God's love. For it is through the power of His love that you conquer "all these things" - all these negative thoughts, emotions, and every adversity you face.

*Romans 8:35-39 Who (or what) shall separate you from the love of Christ?*

*... Yet in all these things we are more than conquerors through Him who loved us. For I am persuaded that... (nothing) ...shall be able to separate us from the love of God which is in Christ Jesus our Lord.*

C. The entirety of Psalm 103 reflects the greatness of God’s steadfast love. As the Psalmist calls himself to “bless the Lord and not to forget all His benefits,” the foundation of all his praise is God’s faithful covenant love and compassion.

D. Without an understanding of the Hebrew word *hesed* you cannot fully understand Psalm 103. King David uses the word “hesed” four times in this psalm and expounds upon it throughout this psalm to describe Who God is and how God relates to all He created.

- *Psalm 103: 4 Who redeems your life from destruction, who crowns you with lovingkindness (hesed) and tender mercies (racham).*
- *Psalm 103: 8 The Lord is merciful (racham) and gracious, slow to anger, and abounding in mercy (hesed).*
- *Psalm 103:11 For as the heavens are high above the earth, so great is His mercy (hesed) toward those who fear Him.*
- *Psalm 103:17 But the mercy (hesed) of the Lord is from everlasting to everlasting on those who fear Him.*

- E. Because there is not one English word that comes close to describing *hesed* it is often translated many different ways: lovingkindness, mercy, grace, gracious love, faithful love, unfailing love, steadfast love, loyal love, and rich love. The essence of *hesed* is **God's faithful love in action.**

### III. CROWNED WITH HESED – PSALM 103:4

*Psalm 103: 4 Who redeems your life from destruction, who crowns you with lovingkindness (hesed) and tender mercies (racham).*

- A. **Past Tense Salvation (justification)** – redeemed your life from destruction and crowned you with *hesed*

Because of God's great love for you, He has taken you (past tense) already from the "pit of destruction" and "crowned" you with His lovingkindness, when you were born again.

- B. **Present Tense Salvation (sanctification)** – redeems you from destruction and crowns you with *hesed*

Usually, there are 3 sources of why you may find yourself in "the pit of destruction" even though you are a born again believer.

- through your own bad mistakes, unforgiveness, and sin
- through the mistreatment or injustices of others
- through the rage of the devil and his demonic spirits

- C. The devil will say that the crowning word of your life is your mistakes and sins or the mistreatment of others. But, don't buy into his lies.

1. Get your heart connected to the power of the gospel, the power of God's love, and open your mouth and declare:

**"The crowning word over my life is His lovingkindness and tender mercies. Every thought I think and word I speak will come into agreement with God's *hesed*, His steadfast love, for me."**

2. The helmet of your salvation is God's crowning words for your life. You are crowned with Christ's lovingkindness and tender mercies as demonstrated through His work of the cross. Your life is crowned with all His benefits (vs. 3-5).

3. Believing and knowing that He has crowned you with His *hesed*, allows you to rule and reign with great confidence as a king and a priest to His God and Father.

***Rev. 1:6 He has made us kings and priests to His God and Father...***

- D. "Surround" is another word for "crown." As Jesus' beloved bride and as a child of God, you are surrounded by His love. He has placed you in His "kingdom of the Son of His love." And "God's kingdom rules over all." Ps. 103:19 Colossians 1:13-14 carries the essence of Psalm 103:4

***Col. 1:13-14 He has delivered us from the power of darkness and conveyed us into the kingdom of the Son of His love, in whom we have redemption through His blood, the forgiveness of sins.***

#### IV. ABOUNDING IN HESED – PSALM 103:8

*Psalm 103: 8 The Lord is merciful (racham) and gracious, slow to anger, and abounding in mercy (hesed).*

A. In Psalm 103:8 King David is quoting from Scripture, where the Lord, YHWH, introduced Himself to Moses directly after the Israelites sinned against God by worshipping the golden calf they fashioned. (Exodus 34:6-7)

*Exodus 34:6 And the Lord passed before him (Moses) and proclaimed, “The Lord, the Lord God, merciful and gracious, longsuffering, and abounding in goodness (hesed) and truth (or faithfulness) (emet) ...”*

B. King David had this incident of the Israelites sin in mind when he quoted Exodus 34:6, because directly before this in verse 7 of Psalm 103, he uses the same phraseology that occurs before God’s self-revelation to Moses.

*Exodus 33:13 Moses said: “show me now Your way, that I may know You and that I may find grace in Your sight.”*

*Psalm 103:7 King David said: He made known His ways to Moses, His acts to the children of Israel.*

C. What was God’s way? What was God’s response, when the Israelites sinned against God and failed miserably after all of God’s miraculous signs and wonder performed on their behalf to deliver them out of the bondage of Egypt? He did get angry, but his anger did not last. Instead of punishing the Israelites according to their sin, God demonstrates His *hesed*, His covenant love towards them.

*Psalm 103:10 He has not dealt with us according to our sins, nor punished us according to our iniquities.*

D. God’s name has not changed from the Old Testament to the New Testament and from the New Testament to today. God was and is and always will be the God who is “*abounding in hesed.*” (*Ps. 103:8*) *Hesed* is who He is and what He does for God is love (1 Jn. 4:8,16)

E. The core reality of Who God is as revealed by Psalm 103:8 is perfectly demonstrated in Jesus’ life and what He endured through the cross so that you come into a living knowledge of God’s love, which is the foundation of the power of God for your salvation.

*John 3:16 For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.*

F. The apostle John alludes to the Hebrew words “hesed” and “emet” in Exodus 34:6 (Psalm 103:8) when he describes Jesus as the one full of “grace and truth.” In the Greek Septuagint Bible *hesed* is often translated as grace.

*John 1:14 And the Word became flesh (Jesus) ... full of grace and truth... 16 And of His fulness we have all received, and grace for grace... 17 ... but grace and truth came through Jesus Christ.*

G. Jesus Christ is the embodiment of God’s *hesed*. Jesus is full of *hesed*, full of grace. Jesus is *abounding in hesed*, *abounding in grace* just like Psalm 103:8 declares. Jesus is *hesed*.

**V. GREAT HESED - PSALM 103:11-12**

*Psalm 103:11-12 For as the heavens are high above the earth, so great is His mercy (hesed) toward those who fear Him. 12 As far as the east is from the west, so far has He removed our transgressions from us.*

God's *hesed* is so unfathomable that it fills all possible space from heaven to earth, from east to west. It always surpasses your ways and thoughts. God's ways and thoughts always emanate from *hesed*, the very core of who He is.

*Isaiah 55:9 For as the heavens are higher than the earth, so are My ways higher than your ways, and My thoughts than your thoughts.*

**VI. EVERLASTING HESED - PSALM 103: 17**

*Psalm 103:17 But the mercy (hesed) of the Lord is from everlasting to everlasting on those who fear Him...*

1. God's *hesed* includes all that He is and all that He has given to us. In Hebrew these two ideas are united.
2. Because of God's great love for us, He is always remembering His everlasting covenant with us.
3. Every time you cry out to the Lord, especially in the time of your distresses, you need to remember to give thanks to the Lord, "for His mercy endures forever."

*Psalm 107:1 Oh, give thanks to the Lord, for He is good! For His mercy (hesed) endures forever.*

4. See Psalm 136 & Psalm 118 In Psalm 136 God's *hesed* never ends and it will always be given to you and I to save us – to forgive us, to heal us, to redeem us, to bless us, and to help us in whatever need we have.

5. The song "One Thing Remains" by the Jesus culture echoes this Truth in modern day language and personalizes it. "Your love never fails, and never gives up. It never runs out on me."

**VII. "HESED" IN THE PSALMS**

"*Hesed*" appears 120 times in the Psalms.

A. What will God's "*hesed*," His steadfast covenant love, do for you according to the Psalms?

- Comfort Ps. 119:76
- Delivers/ preserves /silence enemies Ps. 119:88; 143:12
- Keeps foot from slipping Ps. 94:18
- Protects Ps. 40:11; 61:7
- Redeems Ps. 44:26
- Satisfies Ps. 90:14
- Saves Ps. 6:4, 13:4; 57:3; 69:13; 109:26

B. How does God deal with us?

- According to His great love (*hesed*) for us Ps. 25:6; 109:26
- Sings His love (*hesed*) song over us Ps. 42:8
- Doesn't withhold His love (*hesed*) Ps. 66:20
- Abounds in love (*hesed*) to those who call on Him Ps. 86:5

C. How are we to respond to God's *hesed*?

- Expect it! Ps. 21:6; expect He will respond according to His great love for us
- Be glad and rejoice in it! Ps. 31:7; 13:5
- Trust in it! Psalm 21:7; Ps. 13:5; 52:8
- Hope in it! Ps. 33:18; Ps. 33:22; 130:7; 147:10
- Don't hide it! Ps. 40:10
- Meditate on it! Ps. 48:9
- Watch for it! Ps. 59:9
- Sing and declare it! Ps. 59:16,17; 89:1, 2; 92:1,2; Ps. 101:1; Ps. 107:2
- Maintain it! Ps. 89:28
- Don't forget it! Remember it! Ps. 1:2; 106:7
- Give thanks for it!– Psalm 107:1
- Understand it! Ps. 107:43
- Bow Down and praise God for it! Ps.138:2