



Session 5 Crowned with God’s Love and Mercy

I. The Power of the Cross for Your Spirit, Soul, and Body

- A. The gospel of Jesus Christ is the salvation for your whole being – your spirit, soul, and body. Isaiah 53 is the main prophetic passage of what Jesus would accomplish for mankind through the cross.

Is. 53:5 But He was wounded for our transgressions (sin). He was bruised for our iniquities (sin); the chastisement for our peace was upon Him. And by His stripes we are healed.

THE SPIRIT – Forgiveness - ***But, He was wounded for our transgressions, He was bruised for our iniquities.***

THE SOUL – Renewal - ***The chastisement for our peace was upon Him.***

THE BODY – Healing - ***And by His stripes we are healed.***

- B. A similar prophetic message concerning the salvation for mankind was declared by King David in Psalm 103.

Psalm 103:2-3 Bless the Lord, O my soul, and forget not all His benefits 3 Who forgives all your iniquities (sin), Who heals all your diseases... 4 who crowns your with lovingkindness and tender mercies.

THE SPIRIT – Forgiveness - ***Who forgives all your iniquities (sin)***

THE BODY – Healing - ***Who heals all your diseases***

THE SOUL – Renewal - ***Bless the Lord, O my soul...***

... who crowns you with lovingkindness and tender mercies. vs.4

- C. In the last two sessions of our Psalm 103 study, we have discussed God’s redemptive gifts for our spirit and our body - the forgiveness of ALL of our sins and the healing of ALL our diseases. (Ps. 103:3) In this session, we will cover the third main area for the salvation of our entire being - the soul.

II. King David Set an Example for Us, Taking Command Over His Soul

- A. Because David knew God and did not want to miss out on the grace God had for him, he commanded his soul to bless the Lord.
- B. From all the other psalms he wrote, anywhere from 80 to 100 psalms, we see this principle worked out in David’s life repeatedly, where he did not allow his soul to gain ascendancy. But rather, David chose to look upward to God in the midst of his circumstances and the turmoil of his soul to bless God with his soul and all that was within him.
- C. Although Jesus is our supreme standard, our good Shepherd, He gave us other people like David by which we are able to understand how to live by faith in the “fear of the Lord” (Ps. 103:11,13,17) and in the keeping of “His commandments” (Ps. 103:18) in the midst of an imperfect world that our souls that have constant contact with it.

Acts 13:22 He raised up for them David as king, to whom also He gave testimony and said, “I have found David the son of Jesse, a man after My own heart, who will do all My will.

- B. God is raising up leaders worldwide who, like David, are not only after God’s heart but who will feed people on the understanding of God, His beauty – His lovingkindness and tender mercies. (Ps. 103:3-5)

Jeremiah 3:15 And I will give you shepherds according to My heart, who will feed you with knowledge and understanding.

1. You are called to not only encourage your own soul in recalling “Who God is” and what God has given to you - His benefits - but to encourage others.

2. Although David is the only man God ever called a shepherd after His own heart, see yourself in this promise. Every Christian is called to be a leader as we are all called to disciple or shepherd others.

1 Samuel 13:14 The Lord has sought for Himself a man after His own heart...

3. Declaration: By God’s grace I will be a shepherd after God’s own heart. I will bless the Lord and His holy name with all that is within me, not forgetting any of the benefits given to me through Jesus’ substitutionary work of the cross. And I will encourage others to join me in blessing His Holy name – our heavenly Father, Who abounds in lovingkindness and tender mercies.

III. God’s Exhortations in Psalm 103 Spoken by David

- A. The words David spoke to his own soul three times in Psalm 103 are God’s exhortations for you.

Psalm 103:1 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...

22 Bless the Lord, O my soul!

- B. David did not want to keep anything that was within him from blessing the Lord; therefore, after he commanded his soul to bless the Lord, he adds “*and all that is within me.*” What is inside of you that has difficulty in blessing the Lord at all times – in the difficult times as well as the good times?

1. Declare Psalm 103 out loud with all that is within you, renewing your mind about God’s lovingkindness and tender mercies that are new for you every morning.

Lamentations 3:20–23 My soul still remembers and sinks within me. 21 This I recall to my mind, therefore I have hope. 22 Through the Lord’s mercies (hesed) we are not consumed, because His compassions fail not. 23 They are new every morning; great is Your faithfulness.... 24 Therefore, I hope in Him!

2. Make the quality decision to bless the Lord at ALL times. Blessing the Lord involves taking command over your soul – your mind, will, and emotions – so that it comes into thankful agreement with Who God is.

Psalm 34:1 I will bless the Lord at all times; His praise shall continually be in my mouth.

- C. The Holy Spirit inspired King David’s speech throughout his life and in the writing of the psalms.

2 Samuel 23:2 King David: “The Spirit of the Lord spoke by me, and His word was on my tongue.”

- D. Look at the similarities between David's call upon all of God creation to bless the Lord and what John witnessed as he peered into the heavenly realm.

Psalm 103:19-22 The Lord has established His throne in heaven and His kingdom rules over all. 20 Bless the Lord, you His angels... 21 Bless the Lord, all you His hosts, you ^{is} ministers of His... 22 Bless the Lord, all His works, in all places of His dominion. Bless the Lord O my soul!

Rev. 5:11 - 13 ... many angels around the throne, the living creatures, and the elders... I heard saying: "Blessing and honor and glory and power be to Him who sits on the throne, and to the Lamb, forever and ever!"

- E. As you begin studying, praying, and singing Psalm 103 and the other psalms written by David, hear these words coming from the heart of God Himself, not just from David's heart. Both of the apostles, Peter and Paul, recognized David as a prophet.

Acts:2:29-30 Peter declared: Men and brethren, let me speak freely to you of the patriarch David ... being a prophet, he (David), foreseeing this, spoke concerning the resurrection of the Christ...

Hebrews 11:32 Paul states: For the time would fail me to tell... also of David and Samuel and the prophets: ... out of weakness were made strong...

IV. The Significance of Our Souls "Blessing the Lord"

- A. Bless in Psalm 103 comes from the Hebrew word "barak." "Bless" = bless, praise, and thank. When you "bless the Lord," you are essentially speaking or singing of God's beauty – His lovingkindness, His mercy and grace, His goodness, His greatness, His glory, His power, etc.

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.

- B. David was so fascinated with God's beauty that he desired it to be the primary focus "all the days" of his life.

1. David had made a decision to behold God's beauty and to inquire in His temple early on his life and wrote about this focus in Psalm 27, when he was perhaps in his 40's

Psalm 27:4 One thing I have desired of the Lord, that will I seek: that I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord, and to inquire in His temple.

2. In Psalm 103, this primary focus of beholding God's beauty is brought to the forefront once again. Because, it is believed that David wrote Psalm 103 towards the end of his life, you can understand that David did not want to quit his passionate pursuit of God.

- C. David understood what Paul wrote about years later in Ephesians, about the spiritual blessings, the benefits given to us through Christ. (Ps. 103:5)

Ephesians 1:3 Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ...

Psalm 103:1-2 Bless the Lord, O my soul; and all that is within me, bless His holy name... and forget not all His benefits...

- D. David did not want to praise God with just his lips, and have his heart and soul far from him. Jesus called a “half-hearted response” in Matthew 15 “hypocrisy” and then defined what that meant.

Matthew 15:7-8 Jesus spoke to the Pharisees 7 **“Hypocrites! ... ‘These people draw near to Me with their mouth, and honor Me with their lips, but their heart is far from Me...’”**

2 Samuel 6:14 Then David danced before the Lord with all his might; and David was wearing a linen ephod...**16** King David leaping and whirling before the Lord...

- E. God’s admonition to you in Psalm 103 is to bless, thankfully coming into agreement with His name “with all that is within you.” God’s name is revealed in His Word. (Rev. 19:13) The name that God wants at the forefront of your soul is His seen in His own self-description. (Ex. 34:6; Ps. 103:8)

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

- F. What happens as you bless the Lord? You become one who is blessed.

1. Your mouth, your life, becomes “satisfied with good things” and you experience renewal in your soul - your mind, will, and emotions – and in the entirety of your being.

Psalm 103:5 *Who satisfies your mouth with good things, so that your youth is renewed like the eagle’s.*

2. Your eyes are taken off of the temporal things of this life placed upon God, the One Who’s love is “from everlasting to everlasting.” (Ps. 103:14-17)
3. God inhabits your praises, and you become like the One Who you are beholding, being transformed into His likeness and image. You have the pleasure of experiencing God. (Ps. 22:3; 2 Cor. 3:18)
4. As you put the high praise of God in your mouth and the Word of God in your hand, the promises seen in Ps. 149:7-9 occur.

Psalm 103:6 *The Lord executes righteousness and justice for all who are oppressed.*

V. “Who Redeems Your Life from Destruction”

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

- A. God is the “Who,” the kinsman-Redeemer, the One who has delivered you through your faith in Jesus Christ from eternal destruction - from the sin and from the curse of the law.

Colossians 1:13 *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.*

Psalm 40:2 *He also brought me up out of a horrible pit, out of the miry clay....*

- B. God’s redemption from all forms of destruction – whether it is from your own sin or the sin in this world - is a past, present, and future tense reality.

2 Corinthians 1:9-10 *Yes, we had the sentence of death in ourselves, that we should not trust in ourselves but in God who raises the dead, who delivered us from so great a death, and does deliver us; in whom we trust that He will still deliver us...*

- C. Sickness and disease is one way in which the enemy tries to bring destruction not only into an individual's life, but to all the loved ones surrounding that person.

Psalm 107:20 He sent His word and healed them, and delivered them from destruction.

¹⁰*Matthew 12:10-13 And behold, there was a man who had a withered hand...*

11 Then He said to them, "What man is there among you who has one sheep, and if it falls into a pit on the Sabbath, will not lay hold of it and lift it out?"

VI. The Role of Your Redeemed Spirit

- A. To prevent yourself and others from partnering with the destroyer and all forms of destruction internally and externally, it is vital for you to understand how your spirit, soul, and body are to function and interact as a born again believer.

Hosea 4:6 My people are destroyed for lack of knowledge.

- B. You are made up of 3 distinct parts: spirit, soul, and body. As a Christian, God desires that your whole being come under the influence and dominion of His Spirit.

1 Thessalonians 5:23 Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.

- C. Adam and Eve's Ability to Walk by the Spirit was Lost

1. Before Adam sinned, he possessed the zoe, supernatural, life of God. His spirit governed or had dominion over his soul and body. His spirit was dominant in his decision-making, his thought processes, and in his emotions.
2. When Adam sinned, his spirit became dark and devoid of the supernatural life of God. His spirit man was dead. Therefore, his spirit man lost dominion over his soul and his body.
3. Through your natural birth, you were born into Adam's family. Your spirit was devoid of the supernatural life of God, so you were raised under the leadership of your soul and body.

- D. Christ Restored Mankind's Ability to Walk by the Spirit

1. When you were born again, your spirit man was filled with the zoe, supernatural, life of God. (1 John 2:27; Rom. 8:11) The Holy Spirit came to dwell in your spirit.

Col. 2:9-10 For in Him dwells all the fullness of the Godhead bodily; and you are complete in Him, who is the head of all principality and power.

2. Your reborn spirit is to have dominion over your flesh – your soul and body.
Your reborn spirit is to be dominant in your decision making and thought processes.
3. In order for this to happen, you need to retrain yourself to walk by the spirit and not by the flesh, your unrenewed soul (mind, will, and emotions) and unredeemed body.

Galatians 5:25 If we live in the Spirit, let us also walk in the Spirit.

4. Usually, your will and emotions follow whatever you are thinking, so it is crucial for your mind to be renewed by the Word of God. (Rom. 8:7)

Romans 12:2 And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

VII. “Crowned with Lovingkindness and Tender Mercies”

Psalms 103:4 Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies.

- A. One of the best ways to walk in Christ’s redemption for your life from pit of destruction is by remembering to wear the crown of “lovingkindness and tender mercies” that Jesus Christ Himself purchased for you by His own precious blood.
- B. As a child of the Most High King, you have been given an invisible royal crown to wear that is real - not a fairytale. Your heavenly Father, because of His great love for you, paid for it through the sacrificial blood of His Son Jesus Christ. (Ps. 103:13; Heb. 2:7)
- C. At the cross, King Jesus took off His invisible crown of glory and honor and wore the despicable man-made twisted crown of thorns, as the Roman soldiers "bowed the knee before Him and mocked Him, saying, "Hail, King of the Jews!" Matthew 27:29 Jesus bore this excruciating painful crown for a purpose. He did it as your substitute.
- Matthew 27:29 When they had twisted a crown of thorns, they put it on His head....and they bowed the knee before Him and mocked Him, saying, “Hail, King of the Jews!” Then they spat on Him, and took the reed and struck Him on the head.***
- D. The crown of thorns belonged to you and I, before we were adopted into God's royal family. It was a crown that was passed unto us from generation to generation, all the way back to Adam and Eve, when the earth was cursed for their sin, bringing forth thorns and thistles. (Gen. 3:17-18) Unknowingly, the Roman soldiers took the thorns, symbolizing the curse, and made into a crown for King Jesus.
- E. On the cross King Jesus willingly bore the crown of thorns, the curse pronounced by the law for our sin, so that we could be redeemed from the curse and be "crowned with His lovingkindness and tender mercies." (Romans 103:4)
- Galatians 3:13-14 Christ has redeemed us from the curse of the law, having become a curse for us ... that the blessing of Abraham might come upon the Gentiles in Christ Jesus,***
- F. The key that unlocks this great exchange is believing in this great Truth of what King Jesus has done for the world - for you and I through the cross.
- Romans 1:16 For I am not ashamed of the gospel of Christ, for it is the power of God to salvation for everyone who believes.***

G. As you wear this royal crown filled with heavenly gems, allow your soul and all that is within you - every thought, imagination, and emotion past, present, and future - to be shaped by God's great love for you - the great price Jesus Christ paid for you to be able to wear it.

H. Every morning as you wake-up recall Who God is and what Jesus Christ has already done for you (Psalm 103:3-5), living in the Hope that is beyond all natural hope. (Lam. 3:21-23)

Romans 15:13 Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.

I. When you look into the mirror, see the crown upon your head, and then go out into this world ruling and reigning over sin, sickness, and all forms of destruction, just as King Jesus did while He walked on this earth and as He now rules in heaven as the “King of kings and the Lord of Lords” and will one day return to earth to rule over all. (Rev. 19:16; Heb. 2:6-7)

Psalms 103:19 The Lord has established His throne in heaven. And His kingdom rules over all.