



Session 6 God's Recipe for Renewed Strength

I. LIVING IN CHRIST RENEWS YOUR YOUTH

- A. Living in the Power of the Gospel is the title for our entire Psalm 103 series. In the Book of Psalms, Psalm 103 is one of the strongest prophetic declarations of God's grace provided for us through the Gospel of Christ, which is "the power of God to salvation for everyone who believes." Rom.1:16
- B. In Psalm 103 God gives you two main instructions of how you can daily live in its reality, so that you can experience renewal in every aspect of your life or like Psalm 103:5 states "so that your youth is renewed like the eagles."

***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.***

- C. Count how many benefits are listed in Psalm 103:3-5. Hint: each one begins with "Who." There are five. "5" is the number that symbolizes God's grace – His undeserved and unmerited favor and goodness – towards you.

Psalm 103

2 Bless the Lord, O my soul, and forget not all His benefits:

3 Who forgives all your iniquities

Who heals all your diseases

4 Who redeems your life from destruction,

Who crowns you with lovingkindness and tender mercies,

5 Who satisfies your mouth with good things

SO THAT YOUR YOUTH IS RENEWED LIKE THE EAGLES

- D. Why do you think the benefits are listed as a "Who"?
Because each one of these benefits emanate from Jesus Christ, Who is the glory of God and "full of grace and truth." Jn. 1:14 Jesus is Grace. Jesus is Truth.
- E. God, through Jesus Christ's sacrificial work of the cross, the blood Jesus shed as your substitute, made provision for each one of these grace gifts, His gifts of salvation. *Yeshuah* is the Hebrew name for Jesus that appears throughout the Psalms. *Yeshuah* literally means "Yahweh, the Lord, is salvation." In other words, Jesus is salvation.
- F. Therefore, when you think of Jesus, think of Him as related to you in Psalm 103:3-5. Each one of these benefits describe "Who" Jesus is for you right now. If you want to get to know Jesus better, get to know each one of these benefits that describe His salvation – His grace for you. Allow these Truths of His great love for you to "dwell in your heart through faith."

*Ephesians 3:16-20 that He would **grant** you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man, 17 that Christ may dwell in your hearts through faith; ...18 that you may be filled with all the fulness of God 20 Now to Him Who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us.*

- G. Throughout this series, I have used this “gift box” to symbolically represent the idea that Jesus Christ is the gift of God (Jn. 4:10, Eph. 2:8). It says: **“With God all things are possible Matthew 19:26.”** Inside this larger gift box I have placed 5 smaller gift boxes representing the 5 benefits or gifts of salvation, that are found in Jesus Christ, as listed in Psalm 103:3-5.
- H. In the last 3 sessions we have studied four of God's grace benefits. The fifth benefit will be the focus of our last session today along with the phrase that follows it as stated in verse 5.
Psalm 103:5 Who satisfies your mouth with good things, so that your youth is renewed like the eagle's.
- I. God forgives all your sin, heals all your diseases, redeems your life from every pit of destruction, crowns you with His lovingkindness and tender mercies, and satisfies your mouth with good things, for the purpose of every aspect of your life (your spirit, soul, and body) being renewed by faith in Jesus Christ, God's grace.
- J. Merriam Webster's 1828 dictionary's definition of renew:
1. to make like new: restore to freshness, vigor, or perfection
2. to make new spiritually: regenerate. Regenerate means spiritually reborn.

II. RENEWAL FOR YOUR SPIRIT, SOUL, AND BODY

3 Phases of Salvation: Past, Present, and Future - See Session 1 of Psalm 103 series.

A. Past Tense Salvation – Justification

1. The moment you received Jesus Christ into your heart, your spirit man underwent such a radical “renewal” or transformation that you literally became a “new creation” in Jesus Christ.

2 Corinthians 5:17 Therefore, if anyone is in Christ, he is a NEW creation; old things have passed away; behold, all things have become NEW.

2. Your old things, your old spiritual DNA, passed away.

3. At this same moment in time, God's resurrection power, was released into your spirit man, making all things new. Your spirit man has the very DNA of Jesus Christ.

Declaration of Renewal: My spirit has the DNA of Jesus Christ and His DNA will express itself in my life – my soul, body and circumstances, as I walk by faith in God's grace. (Eph. 2:8)

4. Because you have been justified by the blood of Jesus Christ, your spirit man has been made 100% righteous and holy. Jesus has given you His robe of righteousness and His crown of lovingkindness.

B. Present Tense Salvation – Sanctification

1. As you behold this invisible reality of the new you in the mirror of God's Word, you will recognize that the fulness of the Godhead – the Father, the Son, and the Holy Spirit - is dwelling in your spirit. (Col. 2:9)

2 Cor. 3:18 ... beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.

Declaration for Renewal: As I behold the grace of Who Jesus Christ, all His benefits, I will be transformed into the same image from grace to grace, from strength to strength, by the Spirit of God in every aspect of my life. (Jn. 1:16, Ps. 84:7) "I shall be satisfied when I awake in Your (His) likeness." Psalm 17:15

2. Paul pleads with you "not to receive God's grace (His benefits) in vain."

2 Corinthians 6:1-2 We plead with you not to receive the grace of God in vain. For He says: "... in the day of salvation I have helped you." Behold, now is the accepted time; behold, now is the day of salvation

3. How can you do take God's grace in vain, so that it does not profit or benefit you?

- a. By putting a question mark behind God's grace benefits rather than an exclamation mark. A question mark represents doubt, while an exclamation mark represents faith.
- b. By an attitude that says, "What difference will it really make?"
- c. By not blessing the Lord with your soul and all that is within you and by forgetting His benefits, which is not living with a conscious awareness of them or not allowing them to have dominion in what you think, speak, and do.

4. You enter into the NOW of your salvation for your soul and body as you live from the reality of who you already are in Christ in your spirit, who is the real you.

C. Future Tense – Glorification

This is referring to the age to come, where you will live in the new Jerusalem in your resurrected body. (Rom. 5:9; Rom. 8:29-30) All God's benefits, all His blessings promised to you and I, will last throughout all eternity.

III. "WHO SATISFIES YOUR MOUTH WITH GOOD THINGS" PS. 103:5

A. Ever since God created mankind, He has desired to satisfy your mouth with Himself and all the good things He has created for you. Two biblical examples:

1. In the Garden of Eden, the Tree of Life, a representation of Jesus Christ, stood in the midst of the Garden.

a. Before mankind sinned, they could eat from all the trees in the garden of Eden except for one. I believe that they could eat from the tree of life, which imparted to them through their eating of its fruit the life of God Himself, which was for the renewal of every part of their being.

b. When you experience the future tense of your salvation, the glorification of your body, partaking of the Tree of Life, which will stand in the New Jerusalem, I believe, will be necessary for you to experience the ongoing life force of God.

2. When the Israelites ate the Passover Lamb and put the blood of the Passover Lamb on the doorposts of their home, they immediately experienced total salvation from the angel of death (Exodus 12:23), their circumstances – the slavery of Egypt, as well as its devastating effects on their bodies.

Ps. 105:37 He brought them out with silver and gold... not one feeble among His tribes.

B. God desires to satisfy your mouth with good things. There are two significant ways you partake with your mouth the “good things” that God has for you.

1. Word of God – The Word of God is life-giving food that will profit you in all you do and bring you much joy.

Jeremiah 15:16 Your words were found, and I ate them, and Your word was to me the joy and rejoicing of my heart.

Matthew 4:4 Man shall not live by bread alone, but by every word that proceeds from the mouth of God.

Hebrews 4:12 The Word of God is living and powerful and sharper than any two-edged sword...

2. Communion – Jesus calls us to partake of His body and blood, remembering Him. I Cor. 11:23-26

John 6:55-57 For My flesh is food indeed, and My blood is drink indeed. 56 He who eats My flesh and drinks My blood abides in Me, and I in him. 57 ...so he who feeds on Me will live because of Me. 59... He who eats this bread will live forever.

3. It is God Himself in His Word and in the bread and wine of Communion “Who” satisfies your mouth with good things and “Who” renews your youth like the eagle’s.

C. Your mouth is called to serve the Spirit of God, the One Who is living inside of your born again spirit. Your mouth is called to bless the Lord, to bless His holy name (His Word), and to forget not all His benefits.

Romans 10:10 For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation.

D. Your mouth reflects what is in your heart. Your mouth will either help you enter into the fulness of God’s benefits, the renewal for every aspect of your life, even the renewal of your own heart Or, your mouth will act like a roadblock for you.

2 Cor. 4:13 And since we have the same spirit of faith, according to what is written, “I believed and therefore I spoke,” we also believe and therefore speak,14 knowing that He who raise up the Lord Jesus will also raise us up with Jesus...

Joshua 1:8 This Book of the Law shall not depart from your mouth... For then you will make your way prosperous, and then you will have good success.

- E. What kept the 3,000 or more Israelites from not being able to enter into their Promised Land was that their soul (mind, will, and emotions) had not been renewed to reality of Who God was as demonstrated through all His miraculous provision for them in their deliverance from Egypt.
1. They were repeatedly found grumbling and complaining rather than blessing or thanking God for His provisions.
 2. They forgot what God had done for them, the benefits He had provided for them. (Ps. 78:11, 40)
Psalm 106:21 They forgot God their Savior, Who had done great things in Egypt.
 3. Therefore, rather than pressing forward into the new things God had for them – the Promised Land, they desired to return their bondage in Egypt. (Isaiah 43:18; Phil. 3:14)
 4. The Israelites response in the wilderness reflected that their mouths were not “satisfied” with God and His provisions.

IV. “WHO SATISFIES YOUR MOUTH WITH GOOD THINGS” PS. 103:5

- A. Merriam Webster's 1828 definition of satisfy means “to carry out the terms of (something, such as a contract); to make happy or to gratify to the full; to convince, to put an end to doubt or uncertainty.”
- B. In Psalm 103:5 the Hebrew word for “satisfy” is “saba” which means to “drink their fill; feed them to the full; have in plenty, to saturate.” This Hebrew word “saba,” to satisfy, appears throughout the bible in its relationship to:
1. **Eating and Drinking** God desires to satisfy your mouth so that you are filled with His goodness and don't lack any good thing.
OT – Psalm 34:10 Oh, taste and see that the Lord is good....but those who seek the Lord shall not lack any good thing.
Psalm 107:9 For He satisfies the longing soul, and fills the hungry soul with goodness.
NT - Matthew 5:6 Blessed are those who hunger and thirst for righteousness, for they shall be filled (satisfied).
 2. **Needs Being Met** The indwelling presence of Jesus Christ is more than enough to satisfy every and any need you will ever face, so that your youth is renewed like the eagles.
OT - Psalm 145:16 You open Your hand and satisfy the desire (needs) of every living thing.
NT - Philippians 4:19 And my God shall supply all your need according to His riches in glory by Christ Jesus. God supplies (meet, fills up, takes care of) all your need.
 3. **Length of Days** Living a strong and full life are part of God's grace benefits. (2 Chronicles 24:15)
Psalm 91:16 With long life I will satisfy him, And show him My salvation.

- C. In Psalm 103 there are different ways that God desires to satisfy you.
1. God desires to satisfy you with His love.
Psalm 103:11 For as the heavens are high above the earth so great is His mercy (hesed) toward those who fear Him.
 2. God desires to satisfy you with His mercy.
Psalm 103:10 He has not dealt with us according to our sins, nor punished us according to our iniquities.
Psalm 103:12 As far as the east is from the west so far has He removed our transgressions from us.
 3. God desires to satisfy you with His Fatherhood. He adopted and accepted you as His own child, showing you compassion and goodness far beyond what any earthly Father would do.
Psalm 103:13 As a father pities his children, so the Lord pities those who fear Him.
 4. God desires to satisfy you with His benefits: forgives, heals, redeems, crowns, and good things. (Ps. 103:3-5)
 5. God desires to satisfy you Himself, His Lordship. Eleven times “Lord” is mentioned in Psalm 103. Lordship refers to God having supreme authority, power, and dominion. You can either accept or reject His Lordship over your life.
Psalm 103:8 The Lord is merciful and gracious, slow to anger, and abounding in mercy.
- D. Note the “good things” that the Lord wants to satisfy your life with because God is your good heavenly Father.
- Matthew 7:11 If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask Him!*
- James 1:17 Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning*
- Luke 15:31 ...Son, you are always with me, and all that I have is yours.*
- E. The first 3 benefits provide for the healing of your spirit, soul, and body crowning you with His love and mercy. The 5th benefit - **“Who satisfies your mouth with good things”** - communicates that God has provided, is providing, and will provide for all your needs being met in Jesus Christ. (Philippians 4:19)

V. SO THAT YOUR YOUTH IS RENEWED LIKE THE EAGLE’S

Youth – Beauty and Strength

- A. The spirit and life of Jesus Christ dwelling in you through the power of the Holy Spirit has the ability to renew your life like the eagle’s. But, you need to connect to the power source. You do this by receiving God’s grace, the power of the gospel, through faith.

- B. **Beauty** – When you think of your youth being renewed, you can think of both inward and outward beauty being restored.
1. **Inward Beauty** – God desires that your inward beauty be renewed daily. Your soul – mind (thoughts & imaginations) emotions, and will – is to be renewed.
2 Corinthians 4:16 *Even though our outward man is perishing, yet the inward man is being renewed day by day.*
 2. Your mind, one of the key aspects of your soul, needs to be renewed daily to God's Truth, so that you are operating from God's Word and will and not your own, which you can easily forget. (2 Cor. 10:3-5)
Romans 12:2 *... be transformed by the renewing of your mind that you may prove what is that good and acceptable and perfect will of God.*
 3. Your unrenewed emotions usually like to have dominion over your life, dictating who you are and what you can become or what will happen to you.
 4. **Outward Beauty** – Sarah's beauty was renewed physically or outwardly in two ways. Two kings in her later years wanted her in their harem. And, she bore Isaac, her promised son, at about 90 years of age.
Hebrews 11:11 *By faith Sarah herself also received strength to conceive seed, and she bore a child when she was past the age, because she judged Him faithful who had promised.*
 5. King David beheld the beauty of the Lord and His life was transformed by it. (Psalm 27:4)
- C. **Strength** – When you think of your youth being renewed, you think of having the energy and strength of when you were in your youth. But, Isaiah 40:30 states, *“Even the youth shall faint and be weary...”*
Isaiah 40:28-29 *Have you not heard?... The Creator... neither faints nor is weary. 29 He gives power to the weak, and to those who have no might He increases strength...*
- God through Jesus Christ can transmit His resurrection power, the same power that raised Christ from the dead to your soul and to your body. (Romans 8:11; 1 John 4:17)
- D. **God's Recipe for Renewal – Practical Steps**
- Isaiah 40: 31** *But those who wait on the Lord shall renew their strength; They shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.*
1. How can you have your strength renewed like the eagle's?
By waiting, trusting and hoping, on the Lord. H.O.P.E. – **H**old **O**nto **P**ositive **E**xpectation
 2. Realize that “waiting on the Lord” is an active response to God's Word and commands. It is not passive. Every Word of God calls you to believe it and obey it.
 3. Command your soul to bless (thank and praise) God's name, and forget not all His salvation benefits given to you by His great grace. Psalm 103:1-5
Joel 3:10 *Let the weak say, “I am strong.”*

4. Make a quality decision to live by faith in the “power of the Gospel” – “the power of the cross” for your salvation as revealed in Psalm 103. Romans 1:16-17
5. Make a quality decision to live in and from God's love and mercy as revealed in Psalm 103.
6. Cooperate with God's grace for the renewal of your soul – your mind, will, and emotions – from what God's Word says and from what He has personally spoken to your spirit. (Like Kenneth Copeland about exercise. God created you and has wisdom for every area of your life.)
7. Find your supreme satisfaction in God and give up complaining and grumbling to yourself and others.

E. What should you believe for as you grow older?

1. Moses, under the Old Covenant, was 120 years old when he died. He was strong physically and mentally, and had good eyesight.

Deuteronomy 34:7 Moses was one hundred and twenty years old when he died. His eyes were not dim nor his natural vigor (strength) diminished.

2. Abraham was 100 years old when he bore Isaac, receiving the fulfillment of God's promise to them. (Gal. 3:9,29)

Declaration of Renewal: My youth is being renewed. I will have great physical and mental strength all the days of my life. My vision will not diminish.

VI. DECLARATION OF RENEWAL

Now, at this very moment in time, I thankfully receive the fulness of Jesus Christ as God's gift to me. I am forgiven of all of my sins; healed of all of my diseases, redeemed from the pit(s) of destruction, crowned with God's love and mercy, and satisfied with good things. Every day I am getting stronger and healthier in my soul - my mind, will, and emotions - and in my body!"