

Tuesday, January 26, 2021

*"Bless the LORD, O my soul, and forget not all his benefits. Bless the LORD, O my soul, and all that is within me, bless his holy name!" (Psalm 103:1-2)*

In this psalm the soul of David is lifted up to God in gratitude. It is an expression of sincere praise to God for His grace, goodness, and mercy manifested toward His creatures everywhere.

The praise uttered here comes from a full heart. It is the very expression of the soul. It expresses all that can come from the emotions, intellect, and the will of a grateful heart.

The Lord gives life and sustains it. We live and move and have our being in Him (Acts 17:28). We should praise Him for every good and perfect gift. We should praise Him for all the spiritual and physical blessings we enjoy. The Lord is worthy of all praise from all the people of the earth, but especially God's people.

The purpose of our praise towards Father God is to give Him what is due back: for His love, honor, respect, protection, and so on. It is a reciprocal relationship of adoration, praise, and worship. It is the outward expression of our inward faith. It is in our DNA. God pre-wired us that way for His good pleasure, according to Philippians 2:13, *"For it is God which work in you both to will and to do of his good pleasure."* In return we praise Him.

So today, it is not that we have to praise Him, but we get to praise Him!

Pastor Juan