

**“Don't Forget About It”
Psalm 103:1-5, February 10, 2019**

Anybody ever stumble upon something you had forgotten you had that absolutely blesses your life? A piece of jewelry? A certain coat or item of clothing? An appliance that you received at the holidays? Like a “Showtime Rotisserie Cooking Oven!” Quite a few years ago I was organizing my books and I stumbled upon a Special Edition Dakes Annotated Bible that someone had given me that I forgot about. This Bible has been a huge blessing and a great tool. And to think, it could still be sitting on the shelf.

Because Whatever Doesn't Get Evaluated Gets Erased

Your Inventory Could Change Your Story

Don't Forget About It!!!!

Psalm 103:1-5 (NKJV): *“Bless the Lord, O my soul; And all that is within me, bless His holy name! Bless the Lord, O my soul, and **forget not** all His benefits: Who **forgives** all your iniquities, Who **heals** all your diseases, Who **redeems** your life from destruction, Who **crowns** you with lovingkindness and tender mercies, Who **satisfies** your mouth with good things, so that your youth is **renewed** like the eagle's.”*

5 Benefits That Bring Spiritual Renewal

FORGIVENESS: “... Who **forgives** all your iniquities,” pardoned from sin.

Romans 10:9 (NKJV): *“that if you confess with your mouth the Lord Jesus & believe in your heart that God has raised Him from the dead, **you will be saved.**”*

SAVED FROM WHAT? Sin that brings death.

Don't Forget About It, p 2

Romans 6:22-23 (NKJV): *“But now having been set free from sin, and having become slaves of God, you have your fruit to holiness, and the end, everlasting life. 23 For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.”*

The Bible reveals sin... The Blood releases us from it... Psalm 103:12 (NKJV): *“As far as the east is from the west, so far has **He removed our transgressions** from us.”*

Acts 3:19 (NKJV): *“**Repent** therefore and be converted, that your sins may be blotted out, so that **times of refreshing** may come from the presence of the Lord.”*

HEALING: *“Who **heals** all your diseases.”* Source of Healing: Spiritual, Physical & Emotional.

He is JEHOVAH-RAPHA

Exodus 15:26 (NKJV): *“If you diligently heed the voice of the Lord your God and do what is right in His sight, give ear to His commandments and keep all His statutes, I will put none of the diseases on you which I have brought on the Egyptians. **For I am the Lord who heals you.**”*

REDEMPTION: *“Who **redeems** your life from destruction.”* Redemption from Destruction. **Gal 3:13-14 (NKJV):** *“Christ has redeemed us from the curse of the law, having become a curse for us: for it is written, 'Cursed is everyone who hangs on a*

Don't Forget About It, p 3

tree' 14 that the blessing of Abraham might come upon the Gentiles in Christ Jesus, that we might receive the promise of the Spirit through faith."

A CROWN: *"Who crowns you with lovingkindness and tender mercies."* **Crown** in Hebrew is "Atar" which means to encompass, surround." Not THE CROWN but A CROWN. Crowned with compassion, lovingkindness and tender mercies.

SATISFACTION: *"Who satisfies your mouth with good things, so that your youth is renewed like the eagle's."* **Satisfy** in Hebrew is "Saebay" which means to have enough, to be full, to fill, to have in excess.

Repentance Brings Renewal & Renewal Brings Satisfaction

Psalm 91:14-16 (NLT): *"The Lord says, 'I will rescue those who love me. I will protect those who trust in my name. 15 When they call on me, I will answer; I will be with them in trouble. I will rescue and honor them. 16 I will reward them with a long life and give them my salvation.'"*

Rev. Bryan A. Tomes
Crossroads Community Church
www.crossroadsconnects.com