



Psalm 103 - Wisdom For The New Year

Psalm 103:1-5

בָּרַךְ bārah lit. *to kneel; by implication to bless God (as an act of adoration).*

"...forget not all his benefits." (Vs 2)

- Vs 3a – He FORGIVES
- Vs 3b – He HEALS (sometimes sickness and sin are related – Psalm 38:1-8)
- Vs 4 – He REDEEMS and RESTORES
- Vs 5 – He RENEWS and SATISFIES – strength and vitality like the eagle (see Isaiah 40:31)

Psalm 103:6-16

Exodus 33:28 – 34:9 - The Lord Passed before Moses

"The Lord passed before him and proclaimed, "The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness..." (Exodus 34:6)

- Vs 8 is based on Exodus 34:6.
- This same description often repeated in Scripture in Scripture – see Numbers 14:17-19; Psalm 86:5, 15; Psalm 145:8; Joel 2:13; Jonah 4:2.

חֶסֶד hesed lit. *goodness, kindness, faithfulness (i.e. God's)*

Psalm 103:17-22

If the words to this Psalm are truly true AND applied to your own life, then you will live in a new light next year.

John Wesley's Covenant Prayer

I am no longer my own but yours.
Put me to what you will, place me with whom you will;
put me to doing, put me to suffering;
let me be out to work for you or set aside for you;
praised for you or criticised for you;
let me be full, let me be empty.
let me have all things, let me have nothing;
I freely and fully surrender all things to your glory and service.
And now, O glorious and blessed God,
Father, Son and Holy Spirit -
you are mine and I am yours.
So be it.
Amen.