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Please take a moment to quiet yourself before God. Ask Him to forgive you for any sin that is on your heart and to fill you afresh with His Holy Spirit.

Now please read Psalm 103:1-5.

Name two things that we are supposed to do according to verses 1 and 2.

We are to bless the Lord and remember all of the ways that He has benefitted us. God constantly gives to us. Have you ever been in a relationship in which someone constantly took from you? "A relationship must be a two-way street, with give and take by both parties," is commonly heard in counseling offices across America. With God, however, our relationship is a one-way street; He gives and we take. God does not benefit from our relationship with Him. *We* are the beneficiaries.

Please name 5 ways that we benefit from our relationship with God:

He forgives our iniquities, heals our diseases, redeems our life from our attempts to destroy ourselves, crowns us with kindness and satisfies us with good things. Let's consider what some of these words mean and answer a few questions:

Forgives: means "to be freed from, to pardon." In Christ we are freed from our past, from our old reputation and from the condemnation of the Law. We are freed to be a new creature in Christ.

Heal: means "to heal sickness, disease, distresses, national hurts; to sew up, to mend." Think of how many times you have cut a finger or skinned a knee; God healed those injuries. Think of how many times you have caught a cold and recovered from it. These are examples of the healing of God at

work in our lives. Every time we are healed from any injury or sickness, major or minor, it is because of the healing grace of God.

Redeem: means “to buy back, to ransom, to avenge.” God redeemed us from our bondage to Satan with the blood of Christ and free us to live for Him.

Which of the above definitions mean the most to you and why?

Crowns: means “to surround, to give a royal crown.” What does God surround us with...condemnation and retribution? No, he surrounds us with His tender mercies and lovingkindness.

How has God crowned your life with lovingkindness and mercy?

Satisfies: means “to be filled, to enrich, to have in excess.”

What desire do you need God to satisfy in this season of life?

God meets us in our sin and forgives, heals and redeems us. Then, as if this not enough, He surrounds us with good things and renews our souls by the strength and power of the Holy Spirit. This day, choose to remember all his benefits and thank Him for his tender mercies. Be blessed.

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