

Sunday evening, July 3, 2016

***Your Exceeding Joy***  
**Psalm 103:1–5**

The Psalmist exhorts himself to give expression to the immense pleasure that the holy name of the LORD evokes within him (Ps. 103:1). He does so by singing to his own soul a song dedicated to God, his exceeding joy (Ps. 43:4; 1 Peter 1:8).

- I. How shall it be sung?  
To the tune of *"all that is within me"*
  - A. Engagement of all his parts
  - B. Acknowledgement of the gifts and the Giver
  - C. Involvement of others
  
- II. What shall be sung?  
Lyrics that *"forget not all his benefits"*
  - A. Lyrics that come with an advisory label
  - B. Lyrics that are experiential
    1. Who forgives all your iniquity
    2. Who heals all your diseases
    3. Who redeems your life from the pit
    4. Who crowns you with steadfast love and mercy
    5. Who satisfies you with good
    6. So that your youth is renewed like the eagle's
  
- III. Why shall it be sung?  
To give the sound that completes the sacred exchange *"Bless the LORD, O my soul"*
  - A. Personal exchange
  - B. Purposeful exchange
  - C. Poetic exchange

**Quotes**

The Holy Spirit, by his mouth, indirectly upbraids us on account of our not being more diligent in praising God, and at the same time points out the remedy, that every man may descend into himself and correct his own sluggishness. —*John Calvin*

Here David begins his list of blessings received, which he rehearses as themes and arguments for praise. He selects a few of the choicest pearls from the casket of divine love, threads them on the string of memory, and hangs them about the neck of gratitude. —*Charles Spurgeon*

Q. 32. *What benefits do they that are effectually called partake of in this life?*

A. They that are effectually called do in this life partake of justification, adoption and sanctification, and the several benefits which in this life do either accompany or flow from them. —*Westminster Shorter Catechism*

Q. 36. *What are the benefits which in this life do accompany or flow from justification, adoption and sanctification?*

A. The benefits which in this life do accompany or flow from justification, adoption and sanctification, are, assurance of God's love, peace of conscience, joy in the Holy Ghost, increase of grace, and perseverance therein to the end. —*Westminster Shorter Catechism*