

# The Goodness of God

Psalm 103:1-5



Of David.  
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 iniquity,  
who heals all your diseases,



who crowns you with steadfast love and mercy,  
who satisfies you with good  
so that your youth is renewed like the eagle's.

Psalm 103:1-5



*Taking time to reflect on God's goodness leads  
us to worship*



1. The Importance of Reflection

2. The Content of Our Reflection



## The Importance of Reflection

The practice of reflection & remembrance is a proactive discipline



## The Importance of Reflection

"If people sat outside and looked at the stars each night, I'll bet they'd live a lot differently" – Calvin & Hobbes



## The Importance of Reflection

Bless the LORD, O my soul,  
and all that is within me,  
bless his holy name.  
Bless the LORD, O my soul



## The Importance of Reflection

"He unquestionably means the seat of understanding and affections...[and he] expressly adds 'all that is within me,' addressing as it were his own mind and heart, and all the faculties of both" – John Calvin



## The Importance of Reflection

What compels David to worship God with "all that is within him?"



## The Importance of Reflection

David worships God because he brings himself to remember the benefits of the steadfast love of God



## The Content of Our Reflection

who forgives all your iniquity  
who heals all your diseases,  
who redeems your life from the pit  
who crowns you with steadfast love and mercy  
who satisfies you with good



## The Content of Our Reflection

who forgives all your iniquity

“There is no greater state than to get up from your knees knowing that God has forgiven every sin you’ve ever committed” – RC Sproul



## The Content of Our Reflection

who heals all your diseases



## The Content of Our Reflection

So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing us for an eternal weight of glory beyond all comparison – 2 Corinthians 4:16-17



## The Content of Our Reflection

who redeems your life from the pit



## The Content of Our Reflection

who crowns you with steadfast love and mercy



## The Content of Our Reflection

who satisfies you with good



## The Content of Our Reflection

What is good?

“Creation is meant to point you to the thing you were made to live for, and that is God and God alone. How sad it is when a person looks for what can’t be found in something that cannot deliver!” – Kevin de Young



## Concluding Thoughts

We can worship the LORD with all that is within us because we *know* the love of God and *experience* the grace of God in Christ

