

Forget not all His Benefits

After the psalmist utters the above phrase in Psalm 103:2, he goes on to list a great many benefits in verses 3-14. The forgiveness of sins is the first and greatest of God's benefits, for without this none of the other benefits matter.

A few of the benefits are: "Heals diseases" or to help us learn from them. "Redeems our life from pit." "Crowns us with steadfast love and mercy." "Works righteousness and justice for all." "Does not deal with us according to our sins." "Shows compassion to those who fear him." The psalmist's message here is: Do not forget them (almost, stop forgetting them) – that is, start acting on them. Think on them.