

January 29, 2021

Ps. 103:1-2, “Praise the LORD, my soul; all my inmost being, praise His Holy Name. Praise the LORD, O my soul, and forget not all His benefits.”

The Hebrew word for *benefits* is **gemulav** which means *good deeds, beneficial dealings or to recompense*. I wonder if we truly praise the LORD enough. I mean, if He has blessed you; which He has; if He has forgiven you; which He has; if He is always there for you; which He is; then how can we go through our days with hardly a notice of our great God?

Our souls should be exploding with praise for the One Who has done so much for us. His benefits are too many to count. He gives and gives and gives. He forgives and forgives and forgives, again and again. He protects, provides, leads and guides. He sings over us while we sleep. He goes before us and is our rear guard. He lifts us up when we fall down. He whispers that He loves us. He paints pictures in the evening sky. He causes every planet to align. He forms a sweet baby in the womb. He tells the rain when to fall and the wind when to blow. To use the words of King David, **Psalm 23:1-6, “The LORD is my shepherd; I shall not be in want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness for His name’s sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies; You anoint my head with oil; my cup runs over. Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the LORD forever.”**

Is there anything that God cannot do for you? His benefits are great because He is great. Let us praise the Lord!

Dear LORD, You deserve praise, every moment of every day. You are high and lifted up. You are to be exalted among the nations. Hallelujah, we praise You LORD. In Jesus Name, Amen