

# **PRACTICING THE PSALM(S) PSALM 103:1-2, 20-22**

We are going to look at what the Psalmist is **doing** first.

## **1. Talking to yourself!**

**Psalm 103:1** Bless the LORD, O my soul: And all that is within me, bless his holy name.

**Psalm 103:2** Bless the LORD, O my soul, And forget not all his benefits:

**Psalm 103:22** Bless the LORD, all his works In all places of his dominion: **Bless the LORD, O my soul.**

Talking / speaking / mumbling...

Richard Baxter: Your favorite preacher should be you! Preaching to yourself!

Jewish believers: This is observable from video of the wailing wall.

In Yiddish it is called *shuckling*...

This means to rock, shake or swing. Done while praying & reciting the Torah &/ Shema

## **2. Deliberately talking to yourself!**

Deliberately, knowingly, intentionally

**Psalm 103:1** Bless the LORD, **○ my soul:** And all that is within me, bless his holy name. **Psalm 103:2**

Bless the LORD, **○ my soul,** And forget not all his benefits:

**Psalm 103:22** Bless the LORD, all his works In all places of his dominion: **Bless the LORD, **○ my soul.****

Everyone talks to themselves

Not everyone is aware of it

If we are not aware – this is called “listening to ourself.”

## **3. Deliberately talking to yourself about Scripture!**

**Psalm 103:1** Bless the LORD, O my soul: And all that is within me, bless his holy name.

**Psalm 103:2** Bless the LORD, O my soul, And forget not all his benefits:

**Psalm 103:22** Bless the LORD, all his works In all places of his dominion: Bless the LORD, O my soul.

**Philippians 4:13** I can do all things through Christ which strengtheneth me.

Paul was **sharing** with the church what he was **saying** to himself!

**Romans 8:37** Nay, in all these things we are more than conquerors through him that loved us.

**1 Corinthians 15:57** But thanks be to God, which giveth us the victory through our Lord Jesus Christ.

**Romans 8:31** What shall we then say to these things? If God be for us, who can be against us?

**Romans 8:32** He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things?

**Romans 8:33** Who shall lay any thing to the charge of God’s elect? It is God that justifieth.

**Romans 8:34** Who is he that condemneth? It is Christ that died, yea rather, that is risen again, who is even at the right hand of God, who also maketh intercession for us.

What do you think about this author Pastor Warren?

**Psalm 103:9** He will not always chide: Neither will he keep his anger for ever.

**Psalm 103:10** He hath **not** dealt with us after our sins; **Nor** rewarded us according to our iniquities.

**Psalm 103:11** For as the heaven is high above the earth, So great is his mercy toward them that fear him. **Psalm 103:12** As far as the east is from the west, So far hath he removed our transgressions from us.

#### **4. Deliberately talking to yourself & the Lord about the Scripture**

**Psalm 119:18** Open thou mine eyes, **That** I may behold wondrous things out of thy law.

**Psalm 119:24** Thy testimonies also are my delight And my counsellors.

**Psalm 119:33** Teach me, O LORD, the way of thy statutes; And I shall keep it unto the end.

**Psalm 119:34** Give me understanding, and I shall keep thy law; Yea, I shall observe it with my whole heart.

**Psalm 119:45** And I will walk at liberty: For I seek thy precepts.

**Psalm 119:92** Unless thy law had been my delights, I should then have perished in mine affliction.

Bible reading, prayer, & meditation are one! A conversation with the Lord!

Some person might say: "I just talk with the Lord!" I can't be bothered by all of this...technique...!

Yes! But there is always an I / you that comes first!

Be aware!

Do it deliberately!

#### **5. Deliberately talking to yourself & the Lord about the Scripture with others!**

**Psalm 103:19** The LORD hath prepared his throne in the heavens; And his kingdom ruleth over all.

**Psalm 103:20** Bless the LORD, **ye his angels**, **That excel in strength, that do his commandments**,  
**Hearkening unto the voice of his word.**

**Psalm 103:21** Bless ye the LORD, **all ye his hosts**; **Ye ministers of his, that do his pleasure.**

**Psalm 103:22** Bless the LORD, **all his works** In **all** places of his dominion: **Bless the LORD, O my soul.**

**Ephesians 5:19** Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord;

**Malachi 3:16** Then they that feared the LORD spake often one to another: And the LORD hearkened, and heard it, And a book of remembrance was written before him For them that feared the LORD, and that thought upon his name.

**Malachi 3:17** And they shall be mine, saith the LORD of hosts, In that day when I make up my jewels; And I will spare them, as a man spareth his own son that serveth him.

**There is an order:**

- **You / yourself**
- **You & Scripture**
- **You, the Lord & Scripture**
- **You, the Lord, Scripture with others!**

He / she talks too much...about...

Yes, that is also what he / she talks with himself / herself about!