

Psalm 103 - Bless the Lord oh my soul!

¹ Bless the Lord, O my soul: and all that is within me, bless His holy name.

² Bless the Lord, O my soul, and forget not all His benefits:

If you are looking at a new job, what do you look for in a benefits package? Medical, perks, etc.

³ Who forgives all your iniquities/sins; who heals all your diseases;

^{4a} Who redeems your life from destruction;

*God's benefits include **forgiving** ALL iniquities, **healing** ALL diseases, **redeeming** life from destruction (the pit),*

^{4b} who crowns you with lovingkindness and tender mercies;

⁵ Who satisfies your mouth with good things; so that your youth is renewed like the eagle's.

*Notice how it shifted to 'good' things with **crowning** the believer with **steadfast** love and mercy, and **satisfying** life with **good** things so that your **youth** is **renewed** like an eagle's (Isaiah 40:31)*

⁶ The Lord executes righteousness and judgment for ALL that are oppressed.

⁷ He made known His ways unto Moses, His acts unto the children of Israel.

God won't always do things without letting us know - if we listen to the Holy Spirit.

⁸ The Lord is merciful and gracious, slow to anger, and plenteous in mercy.

⁹ He will not always chide: neither will He keep His anger forever.

¹⁰ He has not dealt with us after our sins; nor rewarded us according to our iniquities.

God is not a short-tempered tyrant, but full of grace, and not giving what we deserve.

¹¹ For as the heaven is high above the earth, so great is His mercy toward them that fear Him.

¹² As far as the east is from the west, so far has He removed our transgressions from us.

This is the core of the Gospel: "east and west" is an infinite distance – meaning they never meet. God completely removes our sins forever by the Blood of Jesus!

¹³ Like as a father pities His children, so the Lord pities them that fear Him.

¹⁴ For He knows our frame; He remembers that we are dust.

¹⁵ As for man, his days are as grass: as a flower of the field, so he flourishes.

¹⁶ For the wind passes over it, and it is gone; and the place thereof shall know it no more.

He knows our frame; He remembers that we are but dust that blows away, but God's love is everlasting. God knows our limitations. He doesn't expect perfection overnight. He treats us with the tenderness of a good dad who knows his toddler is still learning to walk.

¹⁷ But the mercy of the Lord is from everlasting to everlasting upon them that fear Him, and His righteousness unto children's children;

¹⁸ To such as keep His covenant, and to those that remember His commandments to do them.

¹⁹ The Lord has prepared His throne in the heavens; and His kingdom rules over all.

The Lord has established His throne in heaven; His kingdom rules all. The same God who knows our fragile, "dust-like" nature is also the supreme Ruler of the universe.

²⁰ Bless the Lord, you His angels, that excel in strength, that do His commandments, hearkening unto the voice of His word.

Notice the angels harken to God's voice, not ours...

²¹ Bless you the Lord, all you His hosts; you ministers of His, that do His pleasure.

²² Bless the Lord, all His works in all places of His dominion: bless the Lord, O my soul.

David calls on the angels (the heavenly hosts) to bless the Lord and then finally he calls upon his own soul to bless/praise the Lord.

Let us remember to do the same!

----- <https://enduringword.com/bible-commentary/psalm-103/>

From a scriptural perspective

The concept of an eagle renewing its strength is rooted in Isaiah 40:31, where the eagle is used as a powerful metaphor for divine restoration, endurance, and spiritual elevation.

In biblical times, people observed eagles soaring effortlessly at high altitudes and shedding feathers during molting, viewing them as symbols of timeless strength and youth.

The Core Scripture: Isaiah 40:31

"But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint."

Key Spiritual Meanings

The Exchange of Strength: The Hebrew word for "renew" (*chalaph*) literally means "to change" or "to exchange." Believers do not rely on their own stamina; they trade their human weakness for God's limitless power.

Soaring Above Adversity: Eagles use thermal wind currents to glide effortlessly without flapping their wings. Scripturally, this represents rising above life's storms and trials through faith, rather than struggling in human effort.

The Molting Metaphor: In the ancient world, the annual shedding of old feathers to grow strong, glossy new ones was seen as a sign of youth being restored. This imagery is also echoed in Psalm 103:5 ("...so that your youth is renewed like the eagle's").

Patient Waiting: The "renewal" is conditional upon "waiting" or "hoping" (*qavah*) in God. This implies active, patient, and expectant trust, rather than passive laziness.

Trivia about an Eagle's renewal:

The popular story that an aging eagle retreats to a mountain to smash its beak, pull out its talons, and pluck its feathers is an internet myth.

Biologically, eagles do not undergo this 150-day rebirth. Instead, they maintain their strength through a gradual, continuous process of routine grooming and feather replacement.

Real Biological Maintenance: Gradual molting. Eagles replace worn feathers slowly over time in a symmetrical pattern so they never lose the ability to fly or hunt.

Continuous keratin growth: An eagle's beak and talons grow continuously like fingernails, wearing down and sharpening naturally through normal use rather than breaking off.

Active foraging: Because of their high metabolism, eagles must feed regularly and cannot survive weeks without hunting or eating.