

## Forget Not

Text: Psalm 103:1-5

### **Remembering What The Lord Has Done:**

What you remember about God shapes your praise.

- Bless is the Hebrew word (barach), which means to salute, congratulate, thank, praise, and kneel.
- Praise and worship were a way of life for King David, not just a once-a-week event (Ps. 34:1-3).

Forget is the Hebrew word (shakeach), meaning to fail to hold in mind (Ps. 103:2).

- Forgetfulness may be either innocent or blameworthy.
- In the Old Testament, the word is most often used in a blameworthy sense: to forget the covenant, the law, and Yahweh their God. For example, the Children of Israel forgot the Lord their God (Judg. 3:7).
- Forgetting is dangerous (Deut. 4:9, 23, 6:12, 8:11).
  - Forgetting is meant to distract us.
  - Forgetting is meant to take our eyes off the Lord and hinder us from walking in God's best.

It is vital that we remember all that God has done for us in Christ so that it doesn't slip from us (Heb. 2:1).

### **God's Benefit Package:**

Citizens and members enjoy benefits (Ps. 68:19).

- Most companies provide full-time employees with benefits, including medical, dental, and vision insurance; disability insurance; paid vacation; and a 401 (k).
- Family members have rights and privileges (Eph. 2:19).
- The benefit package we have in Christ is far better than any benefit package any company, including Apple, Amazon, Google, Microsoft, or Boeing, could ever offer.

There are five benefits in Christ that we should not overlook.

1. Forget Not His Forgiveness (Ps. 103:3).

- Forgives is the Hebrew word (sah-lahch) meaning *to pardon, spare someone, or relieve someone of the burden of their offense.*
- Jesus purchased our forgiveness with His shed blood (Eph. 1:7; Col. 1:14).
- (Heb. 9:22): Remission – *the cancellation of a debt, charge, or penalty.*
- God will not use your past against you. In Christ, there is no record of you doing anything wrong (Ps. 103:12; Is. 43:25; 2 Cor. 5:21; Heb. 8:12).
- Satan can't even use your past against you because the blood of Jesus speaks for you (Rom. 3:24-25).

## 2. Forget Not His Healing (Ps. 103:3).

- Healing was part of the Old Covenant (Ex. 15:26, 23:25).
- Divine health was provided for us in Christ's redeeming work on the cross (Is. 53:4-5; Matt. 8:16-17; 1 Pet. 2:24).
- Has borne... carried: these verbs mean "to take upon oneself" or "to carry as a burden," with obvious references to vicarious suffering. Grief... sorrows: These nouns refer to sicknesses, both spiritual and physical.
- Transgressions and iniquities are literally wickedness and rebellion.

## 3. Forget Not His Redemption (Ps. 103:4).

- God reversed Adam's actions and brought restoration through His son Jesus (Rom. 5:17-19).
- Redemption in Hebrew (apolutrois) means being purchased from the slave market of sin, being set free, and never being sold again. A release secured by payment of a ransom. Deliverance from the guilt and punishment of sin.
- We have been set free from spiritual death, sickness, poverty, hopelessness, fear, and addiction (Gal. 3:13-14).

## 4. Forget Not His Lovingkindness and Tender Mercies (Ps. 103:4).

- God's mercy is His compassion toward us, even though we deserved punishment, and His commitment to restore us, even though we deserved to endure the consequences of our sin (Ps. 63:3, 89:33, 103:8, 136:23; Lam. 3:22-23; John 3:16; Rom. 2:4, 5:8; Eph. 2:1-4).

## 5. Forget Not His Faithfulness (Ps. 103:5).

- God is good, and He desires to fill every area of your life with good things (James 1:17).
- God promised to strengthen you in your later years.

**Call to Action:**

1. Imagine what your life would be like if you embraced this message and laid hold of your inheritance in Christ.
2. Imagine the freedom, the joy, and the peace you could experience in your life as a result of knowing what rightfully belongs to you.