

This passage is referred to as God's Benefits Package, as it lists five amazing benefits. These benefits that God offers clearly show the attributes and character of a loving God. They are expressed in the following actions: forgives, heals, redeems, crowns, and satisfies.

Read Psalms 103:1-5

In today's world, many of us are keenly aware of the "benefits" associated with our employment. What sort of insurance do I have? How is my 401k reacting to the market, do I vary my contributions? What is my retirement package, etc.? We might know every finite detail of those benefits, but how frequently do we contemplate the "benefits" offered by the God of the universe?

I think it is worthwhile to talk a little bit about the author who wrote these words, I mean... what is it that allows someone to be able to pen these words that are so rich and meaningful? It was written by King David, a person who experienced a life full of every possible emotion; of numerous highs and lows. He was a great king, a valiant warrior, man of God, a popular ruler, and a scratch golfer. However, he was also unfaithful and an accomplice to murder. He endured the death of his infant child, despite fasting and praying for seven days. He had many strained family problems. Although David is remembered as a man after God's own heart, he failed miserably on several occasions. His struggles led to periods of deep sincere repentance and he majored in a deeper understanding of God's mercy, grace, forgiveness, and redemption.

Knowing this, we can begin to appreciate all the more what is written here. We can see in the first 2 verses, how fully David is praising God, with everything fiber of his "inmost being." David is also speaking from the vantage point of being in the latter stages of his life. As he reflects on the sheer craziness of his life, he encourages us all in verse 2 to "forget not all his benefits" because he has clearly been a recipient of what God offers to each one us: forgiveness, healing, redemption, love, compassion, satisfaction and renewal.

Guys, it's easy to complain about life sometimes. Life's journey can and will be difficult. David's life was a roller coaster, yet he is imploring us here to focus on God's amazing benefits. God's benefits reflect His character, His great love for us. My prayer for us is to live as men who have experienced these benefits. And speaking of benefits, God's ultimate retirement package is still the best around!