



TRACK 6: GET YOUR SOUL INTO IT

Sermon Notes

Text: Psalm 103

Introduction:

The Psalms express real life to a real God who really cares.

Psychologists suggest that positive self-talk has a lot of benefits on mental health and can help improve performance during difficult tasks.

Psalm 103 is a Psalm of self-talk: "Praise the Lord, my Soul." David is trying to encourage himself to praise God with his whole self.

The Soul

Addressing the soul was a conventional way for a Hebrew to address the self.

The soul refers to the whole self. We are not just a physical body, we are a soul with emotions, desires, affections, feelings and a spiritual nature.

Luke 10:27 "Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind"

God's Benefits

Psalm 103:2-6 "Praise the Lord, my soul, and forget not all his benefits..."

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Many people get confused and believe that Christians praise God to get benefits...no, we praise God, because he's already blessed us.

God's Love

1 John 4:19 "We love because he first loved us."

Psalm 103:8 "abounding in love"

v. 11 "For as high as the heavens are above the earth, so great is his love for those who fear him"

v. 13-18

"All my life I've heard people say, 'God loves you.' It's probably the most insane statement you could make to say that the eternal Creator of this universe is in love with me. There is a response that ought to take place in believers, a crazy reaction to that love. Do you really understand what God has done for you? If so, why is your response so lukewarm?" ~Francis Chan

1. God's love is immeasurable

v. 11 "For as high as the heavens are above the earth, so great is his love for those who fear him"

v. 17 "from everlasting to everlasting the Lord's love is with those who fear him."

2. God's love is experienced by those who fear him

"Is he safe?" "Safe? Of course he isn't safe. But he's good." ~Mrs. Beaver, *The Lion the Witch and the Wardrobe*

3. God's love has paid the price

v. 11-12 "For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us."

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v. 10 “he does not treat us as our sins deserve or repay us according to our iniquities.

John 3:17 “For God did not send his Son into the world to condemn the world, but to save the world through him.”

“True love requires sacrifice.” ~ Francis Chan

Romans 5:8 “But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.”

Conclusion:

“Earn this” is the slogan of religion. “Forgive them” is the slogan of Jesus.

Instead of spending our lives earning the sacrifice of Jesus, we get to spend our lives praising Jesus with the souls he set free.

Life Group Discussion

1. Warm up: Do you ever talk to yourself? What do you say? Are you ever negative to yourself? Why do you do that?

2. What do you think the “soul” is? What’s the difference between having your soul involved in something and not having it involved?

3. Read Romans 8:39 & 1 John 4:7-21. What does the love of God look like? Is anyone excluded? How does God’s love affect us?

4. Many scriptures encourage the “fear of the Lord” (Psalm 103:11,17; Job 28:28; Psalm 19:9; Psalm 34:11; Proverbs 1:7; Proverbs 9:10;

Isaiah 33:6; Acts 9:31, etc). What does it mean to fear God? Why is it a good thing?

5. Discuss Francis Chan’s quote: “True love requires sacrifice.” Is this true? What does this mean for romantic love? What does this mean for God’s love?

6. Pray together:
 - a) Pray that God would help you “get your soul into it” when you praise him
 - b) Pray for an experience of God’s love
 - c) Other requests:
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