



18 Jan 2015

Sermon by Pastor Irene Tan

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**Psalm 103**

***Bless the LORD, O my soul; And all that is within me, bless His holy name!***

***<sup>2</sup> Bless the LORD, O my soul, And forget not all His benefits: <sup>3</sup> Who forgives all your iniquities, Who heals all your diseases, <sup>4</sup> Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, <sup>5</sup> Who satisfies your mouth with good things, So that your youth is renewed like the eagle's.***

Many are the benefits of the Lord but because our minds are negative biased, we have to actively recall what the Lord does for us.

Let us revisit and reflect on some of His benefits



HE forgives all your iniquities,



HE heals all your diseases,

He redeems your life from destruction,



He crowns you with lovingkindness and tender mercies,



He satisfies your mouth with good *things*,

*So that your youth is renewed like the eagle's.*



Can you share some of the benefits you have received from the Lord this week?

**Let's Bless the Lord for them!**