

Psalm 103

“Psalms of Enthronement— Tune our Heart”

1. The call to self (1-2)

- David is tuning his heart, his soul, his all
- We don't know the context but something is off
- Fearful, forgetful, frustrated, flustered, or flat
- Failing, flailing, floundering, frazzled, or feel forgotten
- We must learn to tune our hearts
- “No one is more influential in your life than you because no one talks to you more than you do” — Paul David Tripp
- It's not a matter of if we talk to ourselves, it's how and how we speak that we must develop.
- How do we call ourselves to trust in God?

2. Forget not His benefits (3-7)

- forgives iniquity
- Heals disease
- Redeems from the pit
- Crowns with love and mercy
- Satisfies to strength
- Works for you
- And when you can feel that, He's proven it in His Word (7)

3. Forget not His character (8-19)

- Remember who He is (Merciful/gracious)
- Exodus 34:7
- Out of who He is:
 - He doesn't give us what we deserve (9-10)
 - He gives us what we do not deserve (11-12)
 - He is a Father who knows us and loves us (13-14)
 - He is eternally enthroned
 - His decree is eternal
 - He is true and faithful
 - From everlasting to everlasting
 - He set His love on you before you were even born
 - So what He has said and done for you, no one can break that decree
 - Who the Son sets free is free indeed
 - Who the Son declared forgiven is forgiven indeed

4. The call to all (20-22)

- When our hearts get tuned properly, our focus move outward to all