



desert breeze community church

Teaching Notes: Ray Davis

August 03, 2008

INCREASE (More God less me)

Psalm 103 "Self-talk"

Psalm 103 teaches us the discipline of healthy Self-talk. What Is True About Self-Talk? Our mind is this ceaselessly active fountain or stream out of which our life flows. (Pro. 4:23; Pro.23:7 NASB; Rom. 8:5-8) We all talk to ourselves, whether we know it or not. We speak with our mouths 150-200 words per minute. We carry on an inner dialogue with ourselves at an astounding rate of about 1,300 words per minute.

What should be the flow (self-talk) of my life?

Verses 1-2

- 1) Praising the Lord with my soul (inmost being or self-talk). (1 Thess. 5:18; Phil. 4:4; Col. 3:17)
- 2) How? By not forgetting His benefits.

Note: Everything else in the Psalm is an enumeration of the benefits. In vv3-22 the Psalmist teaches us how to do it.

What does it mean to remember the benefits of God?

- 1) It is a prominent theme in the Scripture.
 - ✓ Num. 15:39-40 (Tassels = remember God's commandments).
 - ✓ Deut. 5:15; 15:15; 16:12; 24:18, 22 (Israel heading into the promise land warned not to forget what God has done for them).
 - ✓ Ex. 12:14 (Passover feast = memorial day).
 - ✓ Joshua 4:7 (Stones beside the Jordan river).
 - ✓ Isa. 51:12-13 (Fear = not remembering God).
 - ✓ Luke 22:19; 1 Cor. 11:24-25 (Do this in remembrance of Me).
 - ✓ 1 Pet. 1:8-11 (If you're not growing = forgotten past sins cleansed).

- 2) It is much more than recall, but to live out certain truths about God.
- 3) It is to have a truth so central to your awareness that it controls your behavior.
- 4) It is a listening and arguing with my heart the benefits of God.
- 5) It is a vigorous prayerful meditation of the truths of God deep into my heart. (Ps. 1; 42-43)

Why is it important to remember the benefits of God?

- 1) The problem behind all of my problems is that I forget the Gospel.
- 2) Negative patterns of thought are burned into my mind either through repetition over time or through traumatic experiences.
- 3) Our hearts are deceitfully wicked and put up a fight against the truth about God. Why do we remember bad things but forget the good?
 - ✓ Deut. 8:10-14 Heart of pride forgets God.
 - ✓ Rom. 1:18 We suppress the truth in wickedness.
 - ✓ Jer. 17:9 Heart is deceitfully wicked.
- 4) This is a life change that focuses on thoughts, emotions and will.

How do you remember the benefits of God?

1st State the benefits:

Forgiveness, Redemption, & Satisfaction.

Verses 3-5

2nd Think out the implications of the benefits.

Verses 6-22

Redemption Implications (vv6-9)

Forgiveness Implications (vv10-14)

Satisfaction Implications (vv15-22)

Psalm 137 (Communion) "**Bitterness**"

August 10

End of Summer New Teaching Series - Starting August 17th

SUFFERING

(Answering Life's Toughest Questions)
(Six Week Survey of the Book of Job)



Growing

August 03, 2008

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1) Psalm 103 teaches us the discipline of healthy Self-talk. What does it mean that our mind is this ceaselessly active fountain or stream out of which our life flows? (Pro. 4:23; Pro.23:7 NASB; Rom. 8:5-8)

2) What should be the flow (self-talk) of my life according to Psalm 103:1-2? How do you praise the Lord with your soul (v2)? How prominent of a theme in scripture is remembering the benefits of God?

3) If remembering the benefits of God is more than recall, than what exactly is it? What would be different about a person who meditates on the many benefits of God through out the day?

4) What does it mean that the problem behind all of my problems is that I forget the Gospel? How do negative habits of thought get burned into my mind? Why do we remember bad things but forget the good? (Deut. 8:10-14; Rom. 1:18; Jer. 17:9)

5) Remembering the benefits of God brings a life change that focuses on thoughts, emotions and will. Explain. Verses 3-22 of this Psalm is an enumeration of the benefits you have in God. Pray these and ask yourself what difference would it make in my life if these truths were explosively alive in my heart?