



**Teaching Notes:** Ray Davis

September 22, 2013

## Soul Rx

**desert breeze community church**

### **Psalm 103** “Self-talk”

This Psalm teaches us how to handle anything in life. The reason we are overcome by life's trauma, trials and temptations is because in the content of our self-talk we forget the Gospel (His benefits).

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

**Verses 1-2** (Pro. 4:23; Pro.23:7 NASB; Rom. 8:5-8)

- 1) Praising the LORD with my soul.  
(1Thess5:18; Phil.4:4; Col. 3:17)
- 2) How? By not forgetting His benefits.

### **What does it mean to remember the His benefits?**

- 1) It is a prominent theme in the Scripture. (Num15:39-40; Deut. 5:15; 15:15; 16:12; 24:18, 22; Ex12:14; Josh4:7; Isa. 51:12-13; Luke22:19; 1Cor11:24-25; 1 Pet1:8-11)
- 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. (Ps1; 42-43)

### **Why is it important to remember His benefits?**

- 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. (Deut8:10-14; Rom1:18; Jer17:9)
- 4) This is a life change that focuses on the heart.

### **How do you remember His benefits?**

1<sup>st</sup> State the benefits:

**Verses 3-5** Forgiveness, Redemption & Satisfaction

2<sup>nd</sup> Think out the implications of the benefits:

**Verses 6-22** Redemption implications (vv6-9) Forgiveness implication (vv10-14) Satisfaction implications (vv15-22)



# Growing

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**1)** 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)? The reason we are overcome by life's difficulties is because in the content of our self-talk we forget the Gospel. Explain.

**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 (Num 15:39-40; Deut5:15, 15:15, 16:12, 24:18, 22; Ex12:14; Josh 4:7; Isa. 51:12-13; Luke22:19; 1Cor11:24-25; 1Pet1:8-11)?

**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 the Heart (Matt6:21). Explain. Verses 3-22 of this Psalm is an enumeration of the benefits you have in God. Prayerfully read these and ask yourself what difference would it make if these truths were explosively alive in my heart?