**Wednesday 6th May**

Psalm 103: 1 – 5

Praise the Lord, my soul;  
    all my inmost being, praise his holy name.  
2Praise the Lord, my soul,  
    and forget not all his benefits—  
3who forgives all your sins  
    and heals all your diseases,  
4who redeems your life from the pit  
    and crowns you with love and compassion,  
5who satisfies your desires with good things  
    so that your youth is renewed like the eagle’s.

We’re returning today to Psalm 103, to the opening verses which are a litany of praise and thanksgiving! The Psalmist begins by instructing his own soul – giving himself a good talking to, if you like! It is not uncommon in the Psalms, or in other parts of Scripture. Sometimes our feelings or ‘flesh’ can be more influenced by circumstances, or the weather, or getting out of bed the wrong side than by the truth of who God is, and what he has done. So here David seeks to bring himself back in line with those truths, by reminding himself of the goodness of God. He goes through some of the things that the Lord has done for him – and what a list! What would you put on your list? I love the line in verse 4: ‘he crowns you with love and compassion’. That is an extraordinary picture. That is grace. He doesn’t just lift us out of the pit (even when that pit is of our own making), but He places a crown upon our head. It reminds me of the Father’s welcome to the undeserving son in Luke 15. He doesn’t only welcome his son back, but he puts a ring on his finger, sandals on his feet and a robe around him. Praying for you today as you remember the goodness of the Lord.

*Father, thank you for your wonderful love. Thank you for all that you have done for me – for the many ways that you have blessed me [spend a little time on this!]. We thank you that you are real, and that your Word is truth. Please forgive us when we have elevated other stories above your truth. Bring us in line with you today.*

*Thank you that you are the God who heals. We pray for your healing today for all those that are sick, and we pray for the healing of our nation. In Jesus name. Amen.*

