

Sermon Notes
Good News Church
Psalms, Proverbs & Parables
“Walkin’ In Sunshine” (Psalm 103:1-13)
Drue Warner
8-30-26

Psalm 103 (NKJV)
A Psalm of David

Psalm 103 is one of the few Psalms that does not include any petitions.

Psalm 103 (NKJV)

Bless the Lord, O my soul;
And all that is within me, *bless* His holy name!
² Bless the Lord, O my soul,
And forget not all His benefits:
³ Who forgives all your iniquities,
Who heals all your diseases,
⁴ Who redeems your life from destruction (the pit),
Who crowns you with lovingkindness and compassion.
⁵ Who satisfies your years (mouth) with good *things*,
So *that* your youth is renewed like the eagle’s.
⁶ The Lord executes righteousness
And justice for all who are oppressed.
⁷ He made known His ways to Moses,
His acts to the children of Israel.
⁸ The Lord *is* merciful (compassionate) and gracious,
Slow to anger, and abounding in lovingkindness.
⁹ He will not always accuse *us*,
Nor will He keep *His anger* forever.
¹⁰ He has not dealt with us according to our sins,
Nor rewarded us according to our iniquities.
¹¹ For as the heavens are high above the earth,
So great is His lovingkindness toward those who fear Him;
¹² As far as the east is from the west,
So far has He removed our transgressions from us.
¹³ As a father has compassion on *his* children,
So the Lord has compassion on those who fear Him.

¹ Bless the Lord, O my soul; and all that is within me, *bless* His holy name!

² Bless the Lord, O my soul, and forget not all His **BENEFITS**:

- 1. What benefits of walking in relationship with God come to mind? How have you experienced God’s faithfulness in your life?**

"The Spirit of the Lord brings radical freedom to our lives; freedom from legalism, guilt, shame, condemnation, self-hatred and self-rejection; freedom from the power of sin, selfishness, manipulation and control; freedom from the fear of death and fear of what others think of us; freedom from comparing ourselves with others. You are free to know, love and serve God. You are free to use your life and energy to love others. You are free to be yourself."
- Bible in One Year, Day 242 (August 30)

³ Who **FORGIVES** all your iniquities,

2. What difference does it make in your daily life to know that you are totally forgiven by God?

Who **HEALS** all your diseases,

3. How have you experienced God's healing in your life?

⁴ Who **REDEEMS** your life from destruction (the pit),

4. How have you experienced God's rescue from the pit of destruction?

Who **CROWNS** you with lovingkindness (*hesed*) and compassion (tender love, from the womb or bowels)

5. How have you experienced God's lovingkindness and compassion in your life?

⁵ Who **SATISFIES** your years (mouth) with good things,
so that your youth is renewed like the eagle's.

6. What good things have you experienced from God? How have you experienced life satisfaction from the Lord?

JUST (getting what is deserved // punch for punch)

⁶ The Lord executes righteousness and justice for all who are oppressed.

⁷ He made known His ways to Moses, His acts to the children of Israel.

MERCIFUL (not getting what is deserved // punch for no punch)

⁸ The Lord *is* compassionate (merciful) and gracious,
Slow to anger, and abounding in lovingkindness (*hesed*).

GRACIOUS (getting what is not deserve // punch for ice cream)

⁹ He will not always accuse (strive with) us, nor will He keep (harbor) His anger forever.

¹⁰ He has not dealt with us according to our sins, nor punished us according to our iniquities.

HESED

¹¹ For as the heavens are high above the earth, so great is His **lovingkindness** (*hesed*) toward those who fear Him;

FORGIVING

¹² As far as the east is from the west, so far has He removed our transgressions from us.

FATHER

¹³ As a father has compassion on (pities) *his* children, so the Lord has compassion on (pities) those who fear Him (*Yahweh*).

FULFILLED

“For no matter how many promises God has made, they are “Yes” in Christ.”

- 2 Corinthians 1:20

And THAT’S Good News!

And in that Good News, we are invited to God’s Table of Grace (aka “Communion”)

COMMUNION

1. What is Communion?

Jesus told His disciples that whenever they drink the wine and eat the bread to do so

“in remembrance of Me.”

“Communion is the Thanksgiving meal of the Christian faith.”

QUOTE OF THE WEEK - *“Communion should be a feast of friends shared with laughter, tears, prayers, and stories. In this sad and broken world, the Lord’s Supper is a moment of joy, because it’s a moment of the future”*. - Tim Chester (from the recommended book, A Meal with Jesus)

Communion = Come + Union

- **Come** - *“Come unto Me all you who are weary and heavy laden, and I will give you rest.”* - Matthew 11:28
- **Union** - *“I in them and You in Me, that they may be perfected in unity, so that the world may know that You sent Me, and loved them, even as You have loved Me.”* - John 17:23

2. Why do we take Communion?

Communion is about remembering and experiencing Jesus. It’s more than a religious ritual. It’s a relational and supernatural remembrance.

VERSE OF THE WEEK - *“When Jesus was at the table with them, he took bread, gave thanks, broke it and began to give it to them. Then their eyes were opened and they recognized him.”* – Luke 24:30-31

“The world says, ‘Have a drink and forget.’ Jesus says, ‘Drink and remember.’”

- Steve Brown

3. Who may come to the Table?

- The Table is for broken people who have acknowledged their sin and need for a Savior and have placed their trust and hope in the grace of Jesus.
- The Table is for sinners, but it is not for unrepentant sinners.
- We let the parents discern whether or not their children should take the Table.

A WORD OF CAUTION

So then, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. Everyone ought to examine themselves before they eat of the bread and drink from the cup.

For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves. – 1 Corinthians 11:27-29

4. How do we come to the Table?

We come with humble, grateful, and repentant hearts ready to remember and celebrate Jesus together.

NOTE: Confession > Clear Conscience > Confidence to approach the throne of grace

THE BREAD

And he took bread, gave thanks and broke it, and gave it to them, saying, “This is my body given for you; do this in remembrance of me.” – Luke 22:19

THE CUP

“In the same way, after the supper he took the cup, saying, “This cup is the new covenant in my blood, which is poured out for you.” – Luke 22:20