

## Jesus, Our Savior and Healer

### Description

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Psalm 103:1-22

Psalm 103:1-2 expresses the believer's attitude toward God. This exalts God in His proper place; next the psalmist lists the benefits of a proper understanding of God's love for the believer. The believer who blesses God is blessed by God.

I see three distinct blessings promised in this passage: First, there is the dual blessing of spiritual and physical healing (v. 3). Throughout Scripture, these two types of healing always seem to go together.

Second, this passage describes redemption from sin, death, and destruction. As the psalmist proclaims elsewhere, "The Lord will rescue his servants; no one who takes refuge in him will be condemned" (34:22). What's more, the Lord also cares for those He redeems.

Third, the Lord also blesses us with His holy word; He makes His promises known to those who live lives of surrendered obedience. Through His blessed Holy Spirit and by His power, we receive the strength to be renewed and to reach the full potential God has placed within us.

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