

A Prayer to Bless the Lord

By Debbie McDaniel

"Bless the Lord, O my soul, and all that is within me, bless his holy name! Bless the Lord, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy, who satisfies you with good so that your youth is renewed like the eagle's." Psalm 103:1-5

To "bless" the Lord means to give Him praise, to actually "kneel before Him;" to recognize His goodness and Sovereignty over our lives, by giving Him respect and honor. We have so many reasons to give God praise. If you're having a tough day and can't think of many, here's just a few from these verses:

He forgives our sin – For all of those times when we've missed the mark, turned our back on Him, or gone our own way, He forgives. He graciously extends mercy for every sin, when we simply come to Him and confess our need.

He heals our diseases – Physical, emotional, spiritual, He covers every area of life where we have need.

Sometimes our "disease" is a need to please. Sometimes our disease is a heart far away from God. Other times our disease is a physical illness or deep loss we're facing. And He is able to heal all.

He redeems our lives from the pit – He sets us apart for His purposes, He will never waste the painful times we experience. He lifts us out of dark places, He holds the power to make all things new. Nothing is impossible with Him. No one, no situation, is ever too far gone from His grasp of love and hope.

He crowns us with love and mercy – He is faithful to reward us with his goodness. He gives constantly, continually, steadfastly, love and great mercy. We don't deserve it, but He loves lavishly, He pours out His grace.

He satisfies our desires with good – He is good to us in all our days. Life may not always be fair, life may not always be good, but God is always just and good. He brings favor and blessing.

He renews our strength like the eagle – His Spirit flows through us, constantly renewing us with strength and power. We can be assured that He is with us, and He will help us to soar over every obstacle and trial.

He has done great things... So thankful.

Dear God,

We bless your holy name today! Thank you for your goodness, thank you for your crown of steadfast love and mercy. We recognize all that you have done for us, all that you continue to do now, and all that you will do in the future. Thank you that your plans for us are good and that you renew our strength like the eagle's. Thank you that you have redeemed our lives from the pit, you have forgiven our sin and healed all our disease. You are Restorer of the broken, Healer, and Redeemer. You are Father, you are Friend, slow to anger, and abounding in lovingkindness. You are Faithful, you are True, you are Powerful, you are forever with us. You are Holy, you are Worthy, and we worship you this day, and always...

In Jesus' Name,

Amen.