
SOLID ROCK CHURCH OF GOD

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SUNDAY SERMONS NOTES

SPEAKER: REV. DR. WHITFIELD D. BLENMAN – LEAD PASTOR

Topic: Reflection and Praise – Sunday 02/15/15

Psalm 103: 1-13 (NKJV)

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:*

³ *Who forgives all your iniquities, Who heals all your diseases,*

⁴ *Who redeems your life from destruction, Who crowns you with loving kindness and tender mercies,*

⁵ *Who satisfies your mouth with good things, So that your youth is renewed like the eagle's. (Verses 1-5)*

1. We can praise Him for who He is.
 - a. *He is Jehovah Jireh*
 - b. *He is Jehovah Rapha*
 - c. *He is Jehovah Shalom*
 - d. *He is Jehovah Nissi*

We can bless the Lord.....

2. With a heart of gratitude
3. With a worshipful spirit
4. With an eagerness to serve
5. With our faithfulness