

Adore the Father with Bended Knee

Scripture: Psalm 103

- 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 iniquity,
who heals all your diseases,
- 4 who redeems your life from the pit,
who crowns you with steadfast love and mercy,
- 5 who satisfies you with good
so that your youth is renewed like the eagle's.
- 6 The Lord works righteousness
and justice for all who are oppressed.
- 7 He made known his ways to Moses,
his acts to the people of Israel.
- 8 The Lord is merciful and gracious,
slow to anger and abounding in steadfast love.
- 9 He will not always chide,
nor will he keep his anger forever.
- 10 He does not deal with us according to our sins,
nor repay us according to our iniquities.
- 11 For as high as the heavens are above the earth,
so great is his steadfast love toward those who fear him;
- 12 as far as the east is from the west,
so far does he remove our transgressions from us.
- 13 As a father shows compassion to his children,
so the Lord shows compassion to those who fear him.
- 14 For he knows our frame;
he remembers that we are dust.
- 15 As for man, his days are like grass;
he flourishes like a flower of the field;
- 16 for the wind passes over it, and it is gone,
and its place knows it no more.
- 17 But the steadfast love of the Lord is from everlasting to everlasting on those who fear him,
and his righteousness to children's children,
- 18 to those who keep his covenant
and remember to do his commandments.
- 19 The Lord has established his throne in the heavens,
and his kingdom rules over all.
- 20 Bless the Lord, O you his angels,
you mighty ones who do his word,
obeying the voice of his word!
- 21 Bless the Lord, all his hosts,
his ministers, who do his will!
- 22 Bless the Lord, all his works,
in all places of his dominion.
Bless the Lord, O my soul!

Context- Happy Father's Day! As with Mother's Day, Father's Day brings up many different feelings and emotions. Some of us have had wonderful fathers, who have pointed us to God and reflected the love and compassion of Jesus as we were raised. Others of us have had fathers who abandoned us, or mistreated us, or abused and defiled us. Father's Day is not happy for all of us. You may have lost your father, maybe at an early age, maybe recently. There are many reasons that there is sorrow on this holiday. But if you know Jesus Christ, you have reason to rejoice in God, your perfect Father. The Father of all compassion. Father of the fatherless and protector of widows. He Who loves you more than you can know. Today, on Father's Day, let's respond to God and adore the Father with bended knee.

David begins, "Bless the Lord, O my soul!" Over and over he uses the word bless. The word in Hebrew reflects the action of adoring on bended knee. And David gives three compelling reasons for us to adore Him.

- **Adore the Father with bended knee for what He's done**

- God, the perfect Father, forgives all your sin. He heals all your diseases. He redeems your life from the pit and crowns you with love and compassion. He satisfies your desires with good things so that your youth is renewed like the eagles'. He works righteousness and justice for all the oppressed.
- He made known His ways to Moses, His deeds to the people of Israel. This verse reminds us of how God operates. Israel was indeed God's people. And they did not forget their history - oppressed, enslaved in Egypt for 400 years. They remembered that God indeed does work righteousness and justice for all the oppressed. God did great and mighty wonders for the people of Israel. God turned the water to blood, He brought the frogs, He brought the lice, He brought each of the ten plagues upon the people of Egypt, and Israel had a front row seat. The people of Israel longed for the Promised Land, the land of their ancestors. And God brought them.
- He forgave all their sins, over and over again in the wilderness. He healed their diseases, over and over in the wilderness. He redeemed their lives from slavery in Egypt and brought them into the promised land. This is how God works.
- And this is what He has done for us.
 - For we were in bondage. We were slaves, not in Egypt, but in sin. Each of us turned from God to self. Maybe you remember well your slavery to sin. Maybe you still are enslaved to sin because you don't know Jesus as your Lord and Savior. Maybe it has been a long time since you've come to know Jesus, and you've forgotten your slavery. But each of us were slaves to sin, and He has forgiven all our sins through Jesus. He has healed our diseases through the death of Jesus on the cross. He has redeemed our lives from the pit of hell that we chose as our destination - He has redeemed us by His grace, through His blood.
 - Don't forget!!! Don't lose sight of what Jesus has done for you! Don't forget what God does and how He works, where you've come from and how far He has brought you. Recognize the good things that God has given you, yes, but all the

more, recognize how He has given you life with Him through Jesus Christ, how He has redeemed you and given you freedom from the bondage of sin!

- **Adore the Father with bended knee for Who He is**

- And here are some of my favorite verses in Scripture - the Lord is gracious and compassionate, slow to anger, abounding in love. God is gracious. He gives us what we do not deserve, out of His great love and boundless mercy. He is compassionate - He cares about your heart - what you are feeling and experiencing. He loves you - as high as the heavens are above the earth, so great is His love for those who fear Him.
 - Consider how high the heavens are above the earth. Let's begin real close - with the moon. Here I have a basketball. This represents the earth. Here is a tennis ball, which represents the moon. Based on the size of these two objects, can I have a volunteer place the tennis ball - the moon - where you think it should be in relation to the earth? The moon is more than 238,000 miles from the earth. Twenty-three feet away.
 - Using the same scale, guess how far the sun would be? Here is the earth, there is the moon - the sun would be 1.75 miles away. And it would be a sphere over 40 feet across. The sun is over 94 million miles away. It is hard for us to even think in those terms.
 - Using the same scale, the one where the earth is a basketball and the moon a tennis ball 23 feet away, the sun is a 40 plus foot round ball 1.75 miles away, the next closest star would be 480,000 miles away. To scale!
 - This is how much God loves you. We cannot comprehend. We cannot compute. It is overwhelming. It is beyond our understanding.
- So is His forgiveness. He has separated our sins from us as far as the east is from the west. They are opposites! When you trust in Jesus and His death and resurrection, your sins are gone, forever, completely and totally.
- And, know that God has compassion on you. He cares about you. And He has a realistic picture of you! More than sometimes we have of ourselves. He knows how we are formed, He remembers that we are dust.
 - For us who are fathers, let's remember that we, too, are dust. We blow it. But God knows that we are dust. And only as we look to Him can we be changed into His likeness. As we look to Him and are filled by Him, worshiping Him, then we are filled so that we can overflow His love to our children by picking up the phone and calling, by sending a note of encouragement, by reminding them of how much we love them, and how much God loves them.
 - Adore the Father for Who He is. Worship Him! Praise Him! I know that there is little, if anything, in this world that fills my soul like worshiping God does. If you play an instrument, play and sing to Him. If you don't, listen to some of the songs we sing or other songs of praise, and praise Him! It is never a waste of time.

- **Adore the Father with bended knee for what He'll do**

- The Psalm then turns to us, as people. Our days are like grass - we flourish as a flower of the field - the wind blows over it and it is gone, and its place remembers it no more.

This is a wonderful visual. With summer comes many flowers, but by winter they are gone.

- It puts the foolish pride of sinful man in perspective - imagine - hey, check me out, I have a lot of money. Check me out, I have two doctorates. Check me out, I'm a professional athlete. No, all any of us is is a fading flower.
- But God stands forever. His steadfast love is always with those who fear Him, and His righteousness with their children's children.
- We all have a desire to know the future - for security's sake. If only we knew in 5 or 10 years how much money we'd have, where we'd be, what health we'd be in. Or in 20 years how our kids would be doing, what their families would be like. But in this Psalm that has talked of what God has done, what He does, Who He is - His great love, forgiveness, and grace - we have a glimpse into the future. The steadfast love of God will always be with those who love Him. His righteousness will continue into the future, as long as the earth endures.
 - Jesus warns us against placing our security in the knowledge of future provision when He tells us to not worry about tomorrow. To know that if God clothes the grass of the field, He will clothe us. To know that if God feeds the birds of the air, He will provide for us.
 - Adore the Father for what He will do. Fathers, know that God the Father will care for your children, and while He has given us children to care for, ultimately they are His and He will care for them. For all of us, know that God will keep His promises. The future is secure.
 - Remind yourself of this. We need this reminder constantly. When we look into the future, it is easy to see a lot of unknowns. Instead, let's adore the Father, seeing the future that is covered in His love and His righteousness, His presence and His promises, for us, and all who will come after us.

I don't know how you are feeling today - excited to celebrate your dad, mourning from the loss of your dad, excited to see your kids on this day, hurting from the past - but whatever it is you are feeling, look to God, your true Father, and your good Father. Remember what He has done. Remember Who He is. Remember what He will do.

And, father or not, let His love, which is vast beyond measure, fill you to overflowing, so that His love flows out of you.

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