

## Introduction

God's blessings to us are never-ending, but sometimes it can be difficult to see them. If we can recognize the blessings in our lives, no matter how small, we can utilize these blessings to keep pushing forward.

**Of David.** Bless God, my soul, all my being, that holy name. Bless the Lord, my soul, and do not forget all God's bounties. All your sins are forgiven, all your diseases healed. Your life is redeemed from the Pit, you are surrounded with steadfast love and mercy. You are satisfied with good things in the prime of life, so that your youth is renewed like the eagle's. God executes righteous acts and judgments for all who are wronged—making known to Moses the divine ways, and to the children of Israel, holy deeds. God is compassionate and gracious, slow to anger, abounding in steadfast love. [God] will not contend forever, or nurse anger for all time. [God] has not dealt with us according to our sins, nor requited us according to our iniquities. For as the heavens are high above the earth, so great is divine steadfast love toward those who show reverence. As east is far from west, so far have our sins been removed from us. As a father has compassion for his children, so God has compassion for those who show reverence. For [God] knows how we are formed, and is mindful that we are dust. Mortals, their days are like those of grass; they bloom like a flower of the field; a wind passes by and it is no more, its own place no longer knows it. But God's steadfast love is for all eternity toward those who show reverence, and God's beneficence is for the children's children of those who keep the covenant and remember to observe the divine precepts. God has established the heavenly throne, with a sovereign rule over all. Bless the Lord, angels, mighty creatures who do God's bidding, ever obedient to that bidding; bless the Lord, all you hosts, you servants who do God's will; bless the Lord, all God's works, through the length and breadth of God's realm; bless the Lord, my soul.

לְדָוִד בָּרַכִּי נַפְשִׁי אֶת־יְהוָה וְכָל־קִרְבֵי אֶת־  
שֵׁם קִדְשׁוֹ: בָּרַכִּי נַפְשִׁי אֶת־יְהוָה וְאֵל־  
תִּשְׁכַּחֲחִי כָּל־גְּמוּלוֹתַי: הִסְלַח לְכָל־עֲוֹנוֹתַי הַרְפֵּא  
לְכָל־תַּחֲלָאוֹתַי: הַגֹּאֲלֵךְ מִשַּׁחַת חַיִּיכִי  
הַמַּעֲטָרְכִי חֶסֶד וְרַחֲמִים: הַמְשַׁבֵּיעַ בְּטוֹב  
עֲדִיךָ תִּתְחַדֵּשׁ כַּנְּשֹׂר נְעוּרַיִכִי: עֲשֵׂה צְדָקוֹת  
יְהוָה וּמִשְׁפָּטִים לְכָל־עֲשׂוֹקִים: יוֹדִיעַ  
דַּרְכֵיךָ לְמֹשֶׁה לְבִנֵי יִשְׂרָאֵל עֲלִילוֹתַי: רַחוּם  
וְחַנוּן יְהוָה אֲרַךְ אַפָּיִם וְרַב־חֶסֶד: לֹא־  
לָנֶצַח יָרִיב וְלֹא לְעוֹלָם יִטּוֹר: לֹא כִחְטָאֵינוּ  
עָשָׂה לָנוּ וְלֹא כְעוֹנֹתֵינוּ גָּמַל עָלֵינוּ: כִּי כִגְבַהַּ  
שָׁמַיִם עַל־הָאָרֶץ גָּבַר חֶסֶדוֹ עַל־יְרֵאָיו:  
כָּרַחַק מִזֶּרֶחַ מִמַּעֲרֵב הִרְחִיק מִמֶּנּוּ אֶת־  
פְּשָׁעֵינוּ: כָּרַחֵם אֵב עַל־בְּנֵי רַחֵם יְהוָה  
עַל־יְרֵאָיו: כִּי־הוּא יָדַע יְצַרְנוּ זָכוּר כִּי־עָפָר  
אֲנַחְנוּ: אֲנֹשׁ כִּחְצִיר יָמָיו כְּצִיץ הַשָּׂדֶה כֹּן  
יָצִיץ: כִּי רוּחַ עֲבָרָה־בּוֹ וְאֵינְנוּ וְלֹא־יִכְרְנוּ  
עוֹד מְקוֹמוֹ: וְחֶסֶד יְהוָה מְעוֹלָם וְעַד־עוֹלָם  
עַל־יְרֵאָיו וְצְדָקוֹתוֹ לְבִנֵי בְנִים: לְשִׁמְרֵי בְרִיתוֹ  
וּלְזִכְרֵי פִקְדוֹתָיו לַעֲשׂוֹתָם: יְהוָה בְּשָׁמַיִם  
הִכִּין כִּסְאוֹ וּמִלְכוּתוֹ בְּכָל־מְשָׁלָה: בָּרַכּוּ  
יְהוָה מִלְּאֲכָיו גְּבִרֵי כַח עֹשֵׂי דְבָרוֹ לְשִׁמְעַ  
בְּקוֹל דְּבָרוֹ: בָּרַכּוּ יְהוָה כָּל־צְבָאוֹ מְשִׁרְתָיו  
עֹשֵׂי רְצוֹנוֹ: בָּרַכּוּ יְהוָה כָּל־מַעֲשָׂיו בְּכָל־  
מְקוֹמוֹת מְמֹשְׁלָתוֹ בָּרַכִּי נַפְשִׁי אֶת־יְהוָה:

(תהלים קג)

The Psalm begins as a blessing to God from our souls. Our souls remind our physical selves not to forget the blessings that we may not always recognize, "Bless the Lord, O my soul, and do not forget

all God's bounties" (בְּרַכְיָי בְּפִשְׁי אֶת־יְהוָה וְאֵל־תִּשְׁכַּחֵי כָּל־גְּמוּלוֹי). In trying times, the hardships may be in the forefront. We may feel there is no good around us. We lose sight of our personal strengths, our ability to withstand and push ourselves through the obstacles, and even the kindness others show us. These too are all blessings from God. The Psalm inspires us to look around and see that we are surrounded with God's mercy and support. We can use these blessings to move ourselves forward through each trial and to remember and praise God.

During difficult times, we may sometimes wonder what we have done to bring this hardship upon us. We may look to see if we made decisions that brought the illness upon us. Or we might look towards God and wonder if we are being punished. Either way, the Psalm reminds us of God's love and mercy for us, "He has not dealt with us according to our sins, nor requited us according to our iniquities" (לֹא־כַחַטָּאֵינוּ עָשָׂה לָנוּ וְלֹא כְעוֹנוֹתֵינוּ גָּמַל עָלֵינוּ). God is eternally merciful, "As a father has compassion for his children, so God has compassion for those who show reverence" (כְּרַחֵם אָב עַל־בְּנָיִם רַחֵם יְהוָה עַל־יֹרְאָיו).

