

Series: Pathway Through the Psalms

THE GOD OF OUR BENEFITS

PSALMS 68:19

Text: Psalms 68:19

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¹⁹ Blessed be the Lord, who daily loadeth us with benefits, even the God of our salvation. Selah.

Introduction:

1. THE MAKER OF OUR BENEFITS (VS. 19)

Psalm 68:19

*¹⁹ **Blessed** be the Lord, who daily loadeth us with benefits, even the God of our salvation. Selah.*

A. The Rejoicing in the Lord – “Blessed”

The word blessed means to bow down and salute; to kneel and bless or honor.

The psalmist is not only praising the Lord with his lips, he is submitting to a certain position of humility and meekness unto the Lord.

Note not only the Rejoicing but also:

B. The Recognition of the Lord – “Bless the Lord”

David recognized that the benefits of his life originated from God.

James 1:17

¹⁷ Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning.

God gives good gifts to his children.

We have considered the Maker of Our Benefits consider secondly:

2. THE MEASURE OF OUR BENEFITS (VS. 19)

Psalm 68:19

¹⁹ Blessed be the Lord, who daily loadeth us with benefits, even the God of our salvation. Selah.

The psalmist draws our attention to:

A. The Divine Gifts – “Who”

When we look at all the blessings of life we should we should never forget that they are a result of the goodness of God.

From the food on our table to the shoes on our feet, God provided all of these benefits and blessings.

Note not only does the psalmist draw our attention to The Divine Gifts but also:

B. The Daily Gifts – “Daily”

Psalm 68:19

*¹⁹ Blessed be the Lord, who **daily** loadeth us with benefits, even the God of our salvation. Selah.*

God gives us our daily bread and sees to it that His children have what they need throughout the course of their lives.

We have considered the Maker and Measure of Our Benefits consider thirdly:

3. THE MAGNITUDE OF OUR BENEFITS (VS. 19)

Psalm 68:19

¹⁹ Blessed be the Lord, who daily loadeth us with benefits, even the God of our salvation. Selah.

Consider:

A. The Bounty – “Loadeth Us”

In reality these blessings are too great number.

The word “loadeth” means to weigh down with a great weight.

God has blessed us in an overwhelming way.

The song writer penned these words:

*(1) When upon life's billows you are tempest tossed,
When you are discouraged, thinking all is lost,
Count your many blessings, name them one by one,
And it will surprise you what the Lord hath done.*

Refrain:

*Count your blessings, name them one by one;
Count your blessings, see what God hath done;
Count your blessings, name them one by one;
Count your many blessings, see what God hath done.*

*(2) Are you ever burdened with a load of care?
Does the cross seem heavy you are called to bear?
Count your many blessings, ev'ry doubt will fly,
And you will be singing as the days go by. [Refrain]*

*(3) When you look at others with their lands and gold,
Think that Christ has promised you His wealth untold;
Count your many blessings, money cannot buy
Your reward in heaven, nor your home on high.
[Refrain]*

*(4) So, amid the conflict, whether great or small,
Do not be discouraged, God is over all;
Count your many blessings, angels will attend,
Help and comfort give you to your journey's end.
[Refrain]*

We not only consider the bounty but also:

B. Consider the Blessings – “With Benefits”

Psalm 68:19

*¹⁹ Blessed be the Lord, who daily loadeth us with
benefits, even the God of our salvation. Selah.*

Benefits are those things that help sustain us on a daily basis.

Food, shelter, bedding, clothing, relationships, transportation, education, love, joy, peace, the list goes on and on.

We have considered the Maker, Measure and Magnitude of Our Benefits consider lastly:

4. THE MEDITATION OF OUR BENEFITS (VS. 19)

Psalm 68:19

¹⁹ Blessed be the Lord, who daily loadeth us with benefits, even the God of our salvation. Selah.

Note the last word found in this verse – “selah.”

Selah is a musical expression which means to stop, pause, and consider what has just been said.

We should pause every day the blessings of God in our lives.

Reflection upon God always leads to rejoicing in God – the two go hand in hand.

Close:

We cannot measure or know all the daily benefits; but one thing is for certain – everything we have comes from God.

May we pause and ponder God’s goodness daily.