

Forget Not His Benefits

"Now it happened as He went to Jerusalem that He passed through the midst of Samaria and Galilee. Then as He entered a certain village, there met Him ten men who were lepers, who stood afar off. And they lifted up their voices and said, "Jesus, Master, have mercy on us!" So when He saw them, He said to them, "Go, show yourselves to the priests." And so it was that as they went, they were cleansed. And one of them, when he saw that he was healed, returned, and with a loud voice glorified God, and fell down on his face at His feet, giving Him thanks. And he was a Samaritan. So Jesus answered and said, "Were there not ten cleansed? But where are the nine? Were there not any found who returned to give glory to God except this foreigner?" And He said to him, "Arise, go your way. Your faith has made you well."'" (Luke 17:11-19)

We see from our text how ten lepers met Jesus crying to Him for healing and when Jesus healed them only one leper returned to give God thanks. How prone are we to be like these nine lepers and quickly forget what God has done for us. We quickly forget His benefits. How many times, when we cried to God in distress and grief and when God answered us and delivered us did we not quickly soon forget and turned away like the nine lepers? In Psalm 103:1-5 we read: "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 iniquities, who heals all your diseases, who redeems your life from destruction, who crowns you with lovingkindness and tender mercies, who satisfies your mouth with good things, so that your youth is renewed like the eagle's." In this psalm, we are exhorted to be mindful of God's blessings and not to forget His benefits.

There are five of God's benefits that we should not forget which are listed in Psalm 103:3-5:

1. Forgiveness of sins

Forgiveness of sins is the most wonderful of all of God's blessings. David says in the Book of Psalms: "Blessed is he whose transgression is forgiven, whose sin is covered. Blessed is the man to whom the LORD does not impute iniquity, and in whose spirit there is no deceit" (Psalm 32:1-2).

2. Healing

One of the names of God in the Old Testament is "Jehovah-Rophe." In Exodus 15:26, we read: "...For I am the Lord who heals you." Remember to give God thanks whenever He heals you from any sickness whether small or great.

3. Delivers our life from destruction

Whenever we are going astray, thank God that the Lord Jesus leaves the ninety-nine sheep and seeks us out and brings us back into His fold. How many times has He brought you out of despair and discouragement and gave you hope to continue? Don't forget to thank Him!

4. *Crowns us with lovingkindness and tender mercies*

The bible over and over says that God is “merciful.” He is gracious, slow to anger, and abounding in mercy. He does not give us what we deserve. How great is God’s mercy? The bible says that “as the heavens are high above the earth, so great is His mercy toward those who fear Him” (Psalm 103:11).

5. *Provides for us*

The Lord is our Shepherd. We shall not lack. God is the one “who gives us richly all things to enjoy” (1 Tim. 6:17). He is the one who provides food for us to strengthen us like the eagles.

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