I. Introduction
   A. Ps. 103:1–2—David’s spirit exhorted his soul to bless the Lord. It was his spirit that was reaching out to the Lord, but his soul had to make the decision.
   B. 1 Cor. 6:17—The spirit knows God directly, and receives revelations. The soul deals with theories, theology and doctrines.
   C. Ps. 103:3–5—David listed six benefits for which his soul should praise the Lord:
      1. He forgiveth all thine iniquities
      2. He healeth all thy diseases
      3. He redeemeth thy life from destruction
      4. He crowneth thee with lovingkindness and tender mercies
      5. He satisfieth thy mouth with good things
      6. He reneweth thy youth like the eagle’s

   To enter into God’s provision the soul has to make a decision. Many religious people wrongly look for some kind of emotion. The following religious experiences belong in the realm of decision (not emotion):

II. Repentance
   A. To “repent” means literally to “change your mind.”
      Examples from the New Testament:
      1. Before Jesus could come as Messiah, John the Baptist had to come first and preach repentance—Mark 1:2–4.
      2. The first commandment that Christ gave was: “Repent, and believe the gospel”—Mark 1:15.
      3. After his resurrection, Christ ordained that “repentance and remission of sins” should be preached in his name among all nations—Luke 24:47.
      6. At Athens, Paul preached that God “now commandeth all men everywhere to repent”—Acts 17:30.
      7. In Heb. 6:1, the first foundation doctrine is “repentance from dead works.”
      8. In Revelation chapters 2 & 3, the first commandment of Christ to five out of seven churches was: “Repent.”

III. Forgiveness
   A. One of the greatest barriers to God’s blessing in your life is unforgiveness.
   B. Mark 11:25–26—If you pray with unforgiveness in your heart, it is a barrier between God and you.
   C. “Ought against any” leaves out nothing and no one.
   D. The Lord’s Prayer requires us to pray, “Forgive us, as we forgive others”—Matt. 6:12.

IV. Praise
A. To praise God, you must not wait until you “feel like it”
B. Ps. 34:1–2—David decided to praise and bless God at all times with his mouth
C. Ps. 63:3–4—David decided to praise and bless the Lord with the lifting up of his hands (compare 1 Tim. 2:8; Heb. 13:15).

V. Speaking In Tongues
A. 1 Cor. 14:15—Four times Paul says “I will.” Whether or not to speak or to sing in tongues is a decision.
B. Jude 20:21—In the midst of ungodliness, we must build up our faith and keep ourselves in the love of God by praying in the Spirit (i.e. an unknown tongue).
C. Acts 2:4—At Pentecost the disciples began to speak (by a decision), then the Holy Spirit gave them the words.

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