Praise God for His Goodness and Love!

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Has your Mom ever told you the same thing twice? Maybe she said, *"Put your coat on before you go outside… Be sure to wear your coat."* Why would she do that? Probably because she thinks it's important and she doesn't want you to forget.

In the beginning of Psalm 103, David says the same thing twice. He says, *"Bless the Lord, O my soul…"* David is saying, *"this is really important!"* *"Don't forget to bless and worship the Lord."* Then David lists some of the wonderful things God has done; things to help us praise him. Let's look at just two of God's blessings.

God forgives all your iniquity – Iniquity is a fancy word for sin, and sin is disobedience to God. We all sin and deserve the guilt and punishment that goes with our sin. But Jesus came to rescue us! If you are trusting in Jesus, God promises to forgive **ALL** of your sins… every one of them! Forgiveness is a precious gift from God.

God heals all your diseases – Are you healthy? If so, you should praise and thank God! All healing comes from him. Sometimes God heals with a miracle; sometimes he uses doctors and medicine. God doesn't always heal right away. He often uses sickness to deepen our relationship with him. One day, God will take us to heaven, where there is no sickness or death. Until then, it's comforting to know God heals us when we're sick.

Take a few minutes to talk with your Dad or Mom. Why are you thankful for God's forgiveness and healing? Spend some time talking to God in prayer; tell him how you feel, thank and praise him for his blessings.