

# Clippings

*Newsletter of Good Shepherd  
Lutheran Church  
June 2017*



<sup>1</sup>Bless the LORD, O my soul,  
and all that is within me, bless his holy name!

<sup>2</sup>Bless the LORD, O my soul,  
and forget not all his benefits,

<sup>3</sup>who forgives all your iniquity,  
who heals all your diseases,

<sup>4</sup>who redeems your life from the pit,  
who crowns you with steadfast love and mercy,

<sup>5</sup>who satisfies you with good  
so that your youth is renewed like the eagle's.

[Psalm 103:1-5, ESV]

King David needed a reminder, like we all do. So he reminds himself (talking to his soul) to bless God's holy name, and "forget not all his benefits." He then lists them: forgiveness (v. 3), healing, having his life saved (v. 4), unwavering love (what we call "grace") and mercy, and all kinds of good things that we need.

"REMEMBER THIS" says the block lettered title of the sticky note. The first item is "Don't forget to" followed by something that is too important to let it get pushed aside in the avalanche of details in daily living. Remember not to forget! Sounds redundant, but that's how we are. We need reminders. Memorial Day was a reminder about the sacrifices others made in order to give us the life we enjoy today.

Jesus told His disciples to take the Passover meal—which was a memorial meal, remembering and celebrating God's great saving acts in the Exodus fourteen centuries earlier—and eat it as a "new testament in my blood." Eat the bread, which is His body, drink the wine, which is His blood; and "do this in remembrance of me."

We Christians, downstream of that awe-inspiring event, get to top King David! We not only know about God's forgiveness (read on to verses 10-12!), grace, and mercy, but we know about the MEANS by which these went to work for us lousy sinners. We see God Himself laying His physical body down, to take our punishment on the cross. We see God's blood dripping from the ends of the nails piercing His hands, fixing Him to that cross, and we know that God is serious—dead serious!—about bestowing upon us His benefits.

So we ought to be even more earnest and resolute that we never, ever forget what He has done for us, and what He is continuing to do for us. Sure, we live in a world that is far busier, far more distracted, that three thousand years ago in David's time. But we have a powerful reminder system! We remember, when we partake of Holy Communion, that He's not done saving us. That He is coming back for us. That He won't stop seeking and saving the lost, until the Last Day, when time itself has run its course, and our eternal healing begins; when we grin at each other and say, "School's out! Forever! *Bless the Lord!*"

May your summer be safe, and productive—but remember not to forget!

~Pastor Fremer