1. David wants his soul to remember the blessings of God.
2. God forgives our sin, heals our soul, redeems our life, crowns us with love and mercy, satisfies us, and renews our youth.
3. God works righteousness and justice for the souls of those who feel oppressed by the weight of their own sin.
4. God is merciful, gracious, slow to anger, and forgiving.
5. When God sets His steadfast love on us and causes us to fear Him, it is impossible to separate us from His love. When we trust in Christ, our sin is removed from us by an infinite distance.
6. God shows compassion on us because our frame is weak, we are dust, our days are like grass, and like the flower of the field we are mist that appears for a little time and then vanishes.
7. God causes His people to keep His commandments through the work of His Spirit in their hearts.
8. God not only has the desire to bless His people, He has the authority and power to do so forever and ever.

Application

1. If we are truly in Christ, we should never doubt the faithfulness of God to us.
2. When our souls do doubt the goodness of God, we should speak to them about His many blessings.
3. Just as David did when he recorded this Psalm, we should declare the glories of God’s faithfulness to others.