

“ARE YOU LOADED WITH BENEFITS?”

(Bring two large cups or large measuring bowls with handles, one larger than the other. Cover the smaller one in black tissue paper and the larger one in white tissue paper. Fill the white covered cup/bowl with rolled up red tissue balls. Will be used towards the end of the lesson.)

-Are you loaded and don't even know it?

-Some people are loaded and don't even know it!

-What are some things that people may be loaded with? (money, time, friends, family, homes, cars, etc.)

-There are 3 verses that stand out today on this topic of being loaded that we are going to talk about. Let's look at them and read them together from our Verse Sheet, 1-3:

1. Psalm 68:11 “Blessed be the Lord, who *daily loads* us down with *benefits*.”
2. Psalm 103:2 “Bless the Lord, oh my soul, and *forget not all His benefits*.”
3. Psalm 116:12 “What shall I render unto the Lord for all His benefits toward me? I will take the cup of salvation and call upon the name of the Lord Jesus.”

-Does anyone know what a “benefit” is? (something that helps you or is good for you, it benefits you and does you good, a blessing)

-*Bene* means “good” and *fit* means “it helps you”. Like a benediction would be a good word spoken over you.

-Let's read our first verse together again, Psalm 68:11, #1 on our Verse Sheet:

*(“Blessed be the Lord, who *daily loads* us down with *benefits*.”)*

-What is the first italicized word? (Daily)

-Daily! Everyday we have to eat, right? In Matthew 6:11, Jesus was teaching His disciples how to pray, and He told them to pray to the Father these very words: “Give us this day our *daily* bread.”

- It also says in the scripture in Lamentations 3:22-23 that His mercies are new *every day*.

-He's not far off someplace. He's merciful and is concerned about our *daily* lives and needs.

-What is the second word that is italicized in our first verse? (loads)

-“Loads”, what does that mean? (A lot!)

-Have you ever been to a grocery store and seen a young mother *loaded* down with groceries for her family? (...) Sometimes you wonder how she can carry it all.

-Have any of you seen a *loaded* car, with all the bells and whistles? Things like seat heaters, back-up cameras, cd player, satellite help that guides you to where you need to go, etc. You can say this car was *loaded* with *benefits*.

-How many of you have life insurance or health insurance? (...)

-Do you automatically know what benefits you are going to receive from these policies or do you have to *read* the booklet or webpage that has the benefits listed?
(...)

-If you never *read* the book, you wouldn't know what your *benefits* were. That is the same for us as Christians. God has given us His book, the Bible, that tells us all the *benefits* that He gives us. We have to *read* it to know what all our *benefits* are.

-There once was a lady that had a wonderful job. When she was getting ready to retire, she read the company's book about a benefit that the company was suppose to pay her. It was thousands of dollars. When she went to the girl in Human Resource, the girl said that she was not eligible to receive when she read it. This lady went to someone else who was more knowledgeable about the matter and he said she was eligible for it and that the girl was not reading it right. After a while, they all agreed she was supposed to receive those benefits. She almost lost out on thousands of dollars just because the girl was not reading it right.

-It is the same with God's Word, if we are not reading it right, we too will miss out on all the benefits that He has for us. These benefits make our hearts stronger, wiser and happier.

-Just like the girl's lack of knowledge could have cost the lady a loss of benefits, so also the lack of reading and knowing God's Word can cost us the loss of His benefits.

-Let's read verse #4 together on our Verse Sheet to see what God's Word says about this: (Hosea 4:6 "My people are destroyed from lack of knowledge.")

-What is this verse telling us? (We can be destroyed from lack of knowledge.)

-Where does true knowledge come from? (God's Word)

-We can't have knowledge unless we read God's Word. We have to know what is ours in the Bible. We've got to read the book everyday, because it is so easy to forget our benefits if we don't remind ourselves of it everyday and increase our knowledge of them.

-Let's go back and read our second verse again, #2: (Psalm 103:2 "Bless the Lord, oh my soul, and *forget not all His benefits.*")

-What is this verse telling us? (Not to forget all His benefits.)

-He knows how we are, He knows we are human and we can forget the benefits. We need to keep them on the forefront of our minds all the time.

-Let's move down to verse #5 on our Verse Sheet to name some of those benefits: (Psalm 103:3 "*He forgives all your sins and heals all your diseases.*")

-He forgives how many sins? (All)

-Have you ever had a hard time forgiving someone or just stayed mad at them for a while? (...)

-We humans have a problem with that, but God never has a problem with that! He forgives ALL of our sins. Because Jesus went to the cross and shed His blood and died in our place, we get ALL of our sins forgiven.

-Do you ever take this for granted by not offering this same benefit of forgiveness to others that God so freely gave us? (...)

-What are some examples of offering unconditional forgiveness to others? (...)

-The second part of this verse tells us of another benefit He gives us. What does it say? (He heals all our diseases.)

-I call that health insurance!

-He heals all your diseases, if not here, He will in Heaven one day with Him for all eternity!

-Let's read our next verse together to see more benefits He gives us, #6 on our Verse Sheet: (Psalm 103:4 "Who redeems your life from the pit and crowns you with love and compassion.")

-What is the first benefit in this verse? (He redeems our lives from the Pit or Hell, some translations say destruction.)

-Does anyone know what this means? (He purchased our lives with His blood from destruction, from the devil, hellfire, sin. He redeems our lives from destruction.)

- Is that something to smile about? (...)

-What benefit does the second part of this verse tell us about? (He crowns us with love and compassion.)

-Do you like being crowned with His love and compassion? (...)

-How does God show His love to us each day? (...)

-How does He show His compassion to us each day? (...)

-Let's read our next verse together to find out more benefits He gives us, #7 on our Verse Sheet: (Psalm 103:5 "Who satisfies your desires with good things so that your youth is renewed like eagle's.")

-What do you think this means? (He satisfies our deepest desire with things that only He can offer that brings us true satisfaction and renews our spirit: His favor, His lovingkindness, His righteousness and salvation, His peace, His joy and His hope.)

- Did you know that eagles molt their flight feathers every year over a course of several months and the new ones grow back stronger with more blood pumping through them for energy?

-That is the same with believers. When we accept Jesus as our Savior, God gives us His Holy Spirit who rejuvenates our soul. He gives us a new sense of spiritual love and affection toward Him and others around us. A stronger sense of Who He is and Who's we are. He gives us a new understanding of the real meaning of life, full of joy, comfort, peace, strength and hope that we didn't have before we knew Him.

-Let's continue with our next verse that tells us what other benefits the Lord loads us with, #8: (Psalm 103:6 "The Lord works righteousness and justice for all the oppressed.")

-Are there some days you feel oppressed or weighed down, sometimes for no reason at all and sometimes for a big reason? (...)

-What does this verse tell us He does for us? (He works righteousness and justice.)

-What does that mean to you? (...)

-The Lord does not leave us alone to work these issues out on our own, but He executes His own righteousness and justice in each and every situation. Lean on Him and trust Him to do what is right and best in every situation in His time.

-Psalm 103 is a great Psalm to remind us of all His benefits to us. Let me read verses 2-12 so you can hear the ones we've already talked about and add some to them: "Praise the Lord, my soul, and forget not all His benefits – Who forgives all your sins and heals all your diseases, Who redeems your life from the pit and crowns you with love and compassion, Who satisfies your desires with good things so that your youth is renewed like the eagle's. The Lord works righteousness and justice for all the oppressed. He made known His ways to Moses, His deeds to the people of Israel: the Lord is compassionate and gracious, slow to anger, abounding in love. He will not always accuse, nor will He harbor His anger forever; He does not treat us as our sins deserve or repay us according to our iniquities. For as high as the heavens are above the earth, so great is His love for those who fear Him; as far as the east is from the west; so far has He removed our transgressions from us."

Let's just listen to them in our modern day language:

-We have eternal life insurance through His son Jesus. (John 3:16)

-We have health insurance because He gives us a healthy attitude if we choose to listen to Him and He also heals and protects, now or in eternity.

-We have His presence all the time.

-We have His power to face what we need to face and overcome.

-We have His peace in times of turmoil and struggle.

-We have His patience that we can extend to others.

-We have His righteousness and justice working in each of our situations.

-We have His love and forgiveness of our sins and are joint heirs with Jesus, we have a place with Him in Heaven! Do you understand that amazing benefit? (...)

-Let's read our last verse together, #9 on our Verse Sheet: (Psalm 116:12-13 "What shall I return to the Lord for all His goodness to me? I will lift up the cup of salvation and call on the name of the Lord.")

-The cup is used throughout the Bible as a symbol.

-Here are two cups, (*lift up the black covered cup*) one covered in black representing all our sins.

-The other cup is white, representing the cup of salvation filled with the blood of Jesus that was shed for you. (*lift up the white covered cup that is filled with red tissue paper balls inside it*)

-God's wrath that was meant for us was poured out on Jesus at the cross of Calvary. (*Pour the red tissue balls into the black cup and put the black cup in the white cup if you can.*)

-Jesus' blood that was spilled out at the cross covered our sins and God's wrath.

-God wanted Jesus, the perfect Son, to do this for us because He loves us. Jesus wanted to do this for us as well because He loves us.

-After hearing all of this let me ask you:

-What would you render unto the Lord for His benefits?

-Will you call upon the name of the Lord Jesus and be saved if you haven't done this yet?

-Will you take the cup of salvation?

-There is a simple prayer that comes from Romans 10:9-10. It's on the bottom of your verse sheet and if you have never accepted the Lord as your Savior, this prayer is for you. You can say it with someone if you want to or take it back with you and say it in private to the Lord.

-Just remember it is faith in Jesus and what He did for you that saves you. Believe in your heart and trust Him.

-I want to ask us some final questions for us to think about after all of this?

-Are you daily loaded with His benefits? (...)

-Do you remember all His benefits? (...)

-Do you call on the name of Jesus daily thru prayer and thanks? (...)

-Just remember, He daily loads us with benefits! Don't forget, just look at His Word and be encouraged and call upon the name of Jesus. That name causes demons to flee and God the Father to listen.

“ARE YOU LOADED WITH BENEFITS?” VERSE SHEET

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3. **Psalm 116:12** “What shall I render unto the Lord for all His benefits toward me? I will take the cup of salvation and call upon the name of the Lord Jesus.”
4. **Hosea 4:6** “My people are destroyed from lack of knowledge.”
5. **Psalm 103:3** “*He forgives all your sins and heals all your diseases.*”
6. **Psalm 103:4** “Who *redeems your life from the pit and crowns you with love and compassion.*”
7. **Psalm 103:5** “Who satisfies your desires with good things so that your youth is renewed like eagle’s.”
8. **Psalm 103:6** “The Lord works righteousness and justice for all the oppressed.”
9. **Psalm 116:12-13** “What shall I return to the Lord for all His goodness to me? I will lift up the cup of salvation and call on the name of the Lord.”

“Father, I know that I have broken your laws and my sins have separated me from You. I am truly sorry, and now I want to turn away from my past sinful life toward you. Please forgive me, and help me avoid sinning again. I believe that your Son, Jesus Christ died for my sins, was resurrected from the dead, is alive, and hears my prayer. I invite Jesus to become the Lord of my life, to rule and reign in my heart from this day forward. Please send your Holy Spirit to help me obey You, and to do Your will for the rest of my life. In Jesus’ name I pray, Amen.”