

INTERNATIONAL HOUSE OF TRUTH AND FREEDOM
SMYRNA-VININGS, GA, USA
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**WE BLESS THE ONE WHO
HAS BLESSED US**

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Inspiration

Psalm 103:1-2 (NKJV)
Bless the LORD, O my soul; And all that is within me, bless His holy name! 2 Bless the LORD, O my soul, And forget not all His benefits:

As believers, we are familiar with and have experienced God's blessings upon us, but what exactly does it mean for us to bless the Lord? There is nothing we can give God that He does not deserve, unlike how he blesses (gives) us what we do not deserve. When we bless the Lord with our soul, we praise Him with our whole hearts, with all that we are and everything we have within us for His love, goodness, compassion, forgiveness, and salvation unto eternal life with Him. We use our minds to remember all He has done for us, and respond with praise and worship and give voice to our thankfulness for His mercy and grace. God is glorified when we bless (praise) and acknowledge Him. This is what He originally created us for. If we are not doing this consistently then we are not blessing the Lord as He deserves.

2

What Must We do?

Ephesians 1:3 (NKJV)
Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ.

We bless the One who has and continues to bless us with everything. We bless or praise God, the Father of our Lord Jesus Christ, for blessing us with "every spiritual blessing in the heavenly places in Christ". God's blessings are gifts received through unity with Christ, and they are not earned. He gives them to us by grace. These spiritual gifts include forgiveness of sins, salvation through Christ, adoption as a child of God, eternal life, and being sealed by the Holy Spirit. We also receive physical and material blessings from Him. For all these we must praise him continually.

Takeaway:
Bless the Lord at all times, with all your being. Praise God from whom all blessings flow and never forget His benefits. Amen!

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