

Praying the gospel: Psalm 103v4

- ¹ Praise the Lord, my soul;
all my inmost being, praise his holy name.
- ² Praise the Lord, my soul,
and forget not all his benefits—
- ³ who forgives all your sins
and heals all your diseases,
- ⁴ who redeems your life from the pit
and crowns you with love and compassion,
- ⁵ who satisfies your desires with good things
so that your youth is renewed like the eagle's.

⁴ who redeems your life from the pit

Just as God redeemed or rescued his people from a miserable life of slavery in Egypt through the Passover lamb, so through Christ's death as the lamb in our place he has redeemed, rescued us from a miserable existence of spiritual slavery under the lockdown power of sin.

Christ did this when he went down into the ultimate pit: he suffered the full wrath of Almighty God on the cross, so that you and I could be set free from sin's condemnation. Romans 8v2: "through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death."

By his grace we therefore no longer live in the pit of sinful selfish human ambition. We are no longer slaves to the 'rat-race' that sin promotes where our lives revolve around us and what we want, which will bring us no satisfaction ultimately. Through Christ we are no longer slaves to sin but beloved children of our heavenly Father. Our lives now have an eternal purpose! We have been bought by Christ, and under His new ownership we discover the joy of living for His glory, for what He wants.

Let us today look back over our lives and give thanks to God for where we can see that he has loosened the chains of sin, broken its lockdown power over us. Yes, we remain works in progress, because of indwelling sin. But take some time to think about an aspect of your life where you have seen God change your desires. Thank Him for his glorious grace to you that he has redeemed your life from the misery of the pit of slavery to sin.