

An open book with a yellow decorative overlay containing text. The book is open, showing the pages and the binding. The yellow overlay is a decorative shape with a scalloped border, containing the text 'Soul Food' and 'Psa. 104:1-5'. The background is a soft, out-of-focus green and yellow gradient.

# Soul Food

Psa. 104:1-5




Psa. 104:1 **Bless the LORD, O my soul.** O LORD my God, thou art very great; thou art clothed with honour and majesty.

2 Who coverest *thyself* with light as *with* a garment: who stretchest out the heavens like a curtain:

3 Who layeth the beams of his chambers in the waters: who maketh the clouds his chariot: **who walketh upon the wings of the wind:**

4 Who maketh his angels spirits; his ministers a flaming fire:

5 *Who* laid the foundations of the earth, *that* it should not be removed for ever.



Richard John Neuhaus, entitled THE “SOUL” OF A NATION. <http://www.firstthings.com/web-exclusives/2008/09/the-soul-of-a-nation>

What is “the soul” of America or the soul of any entity? According to the dictionary...

SOUL (noun)

1. The principle of life, feeling, thought, and action in humans, regarded as a distinct entity separate from the body, and commonly held to be separable in existence from the body; the spiritual part of humans as distinct from the physical part.
2. The spiritual part of humans regarded in its moral aspect, or as believed to survive death and be subject to happiness or misery in a life to come: *arguing the immortality of the soul.*



3. The disembodied spirit of a deceased person:  
*He feared the soul of the deceased would haunt him.*

4. The emotional part of human nature; the seat of the feelings or sentiments.

5. A human being; person.

6. High-mindedness; noble warmth of feeling, spirit or courage, etc.

7. The animating principle; the essential element or part of something.

<http://dictionary.reference.com/browse/soul?s=t>

According to a Philosopher

<http://plato.stanford.edu/entries/ancient-soul/>

According to a Rabbi

## Soul – According to a Rabbi

[http://ohr.edu/ask\\_db/ask\\_main.php/220/Q4/](http://ohr.edu/ask_db/ask_main.php/220/Q4/)

### **Five Levels**

*Nefesh* (soul) *Nefesh* is the soul as the engine of physical life.

*Ruach* (spirit) *Ruach* is the emotional self and "personality."

*Neshamah* (breath) *Neshamah* is the intellectual self.

*Chayah* (life) *Chayah* is the supra-rational self--the seat of will, desire, commitment and faith.

*Yechidah* (singularity) *Yechidah* connotes the essence of the soul--its unity with its source, the singular essence of G-d.

[http://www.chabad.org/library/article\\_cdo/aid/3194/jewish/What-is-a-Soul.htm](http://www.chabad.org/library/article_cdo/aid/3194/jewish/What-is-a-Soul.htm)



## According to the Bible: (Nefesh)

Gen. 2:7 De 4:29 De 6:5 De 10:12 Josh. 22:5 Psa. 19:7 Psa. 35:9 Psa. 77:2 Psa. 88:3 Psa. 94:19

## SOUL – CAST DOWN

Ps 42:5 Ps 42:6 Ps 42:11 Ps 43:5

## SOUL VEXED

Jud. 16:16 2 Kings 4:27 Job 19:2 Job 27:2 Psa. 6:3 Eccl. 6:9 2 Pet. 2:8

## ALL THY SOUL

De 4:29 De 6:5 De 10:12 De 26:16 De 30:2 De 30:6 De 30:10 Mt 22:37 Mr 12:30 Lu 10:27



## Psuché in the New Testament

**psuché: breath, the soul**

**Original Word:** ψυχή

**Transliteration:** psuché

**Definition:** (a) the vital breath, breath of life, (b) the human soul, (c) the soul as the seat of affections and will, (d) the self, (e) a human person, an individual.

<http://biblehub.com/greek/5590.htm>

### Psuché translated as “life”

Mt 2:20 Mt 6:25 Mt 10:39 Mt 16:25 Mt 20:28 Mr 3:4 Mr 8:35 Mr 10:45 Lu 6:9 Lu 9:24 Lu 12:22 Lu 12:23 Lu 14:26 Lu 17:33 Joh 10:11 Joh 10:15 Joh 10:17 Joh 12:25 Joh 13:37 Joh 13:38 Joh 15:13 Ac 20:10 Ac 20:24 Ac 27:22 Ro 11:3 Ro 16:4 Php 2:30 1Jo 3:16 Re 8:9



## Psuché translated as “soul”

Mat 10:28 Mat 12:18 Mat 16:26 Mat 22:37 Mat 26:38 Mar 8:36-37  
Mar 12:30, Mar 14:34 Luk 1:46 Luk 2:35 Luk 10:27 Luk 12:19 Jhn  
12:27, Acts 2:27, 31, 43 Acts 3:23 Acts 4:32 Rom 2:9 Rom 13:1 1Co  
15:45 2Co 1:23 1Th 5:23 Heb 4:12 Heb 6:19 Heb 10:38 Jas 5:20 1Pe  
2:11 2Pe 2:8 3Jo 1:2 Rev 16:3 Rev 18:14

## Psuché translated as “mind”

Phil. 1:27





## Psalm 104

Psa. 104:1 Bless the LORD, O my soul. O LORD my God, thou art very great; thou art clothed with honour and majesty.


2 Who coverest *thyself* with light as *with* a garment: who stretchest out the heavens like a curtain:

3 Who layeth the beams of his chambers in the waters: who maketh the clouds his chariot: who walketh upon the wings of the wind:

4 Who maketh his angels spirits; his ministers a flaming fire:

5 *Who* laid the foundations of the earth, *that* it should not be removed for ever.





## I. SEEING THE CREATOR

Psa. 104:1 Bless the LORD, O my soul. O LORD my God, thou art very great; **thou art clothed with honour and majesty.**

2 Who **coverest thyself with light as with a garment**: who stretchest out the heavens like a curtain:

### A. The Sensitivity of the Soul

2 Cor. 4:6 For God, who **commanded the light to shine out of darkness, hath shined in our hearts**, to *give* the light of the knowledge of the glory of God in the face of Jesus Christ.

1 Jn. 1:5 This then is the message which we have heard of him, and declare unto you, that **God is light, and in him is no darkness at all.**

## B. The Sight of Spirituality

1 Cor. 2:9 But as it is written, **Eye hath not seen**, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him.

10 But **God hath revealed them unto us by his Spirit**: for the Spirit searcheth all things, yea, the deep things of God.

11 For what man knoweth the things of a man, save the spirit of man which is in him? even so the things of God knoweth no man, but the Spirit of God.

12 Now we have received, not the spirit of the world, but **the spirit which is of God**; that we might know the things that are freely given to us of God.





13 Which things also we speak, not in the words which man's wisdom teacheth, but which the Holy Ghost teacheth; comparing spiritual things with spiritual.

14 But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: **neither can he know *them***, because **they are spiritually discerned**.

15 But he that is spiritual judgeth all things, yet he himself is judged of no man.

16 For who hath known the mind of the Lord, that he may instruct him? But we have the mind of Christ.

“...light as *with* a garment...” = to reveal AND to conceal

## II. SEARCHING THE COSMOS

Psa. 8:3 When I consider thy heavens, **the work of thy fingers**, the moon and the stars, which thou hast ordained;

4 **What is man, that thou art mindful of him?** and the son of man, that thou visitest him?

5 For thou hast made him a little lower than the angels, and hast crowned him with glory and honour.

6 Thou madest him to have dominion **over the works of thy hands**; thou hast put all *things* under his feet:



## A. Revelation through Nature

Psa. 19:1 **The heavens declare the glory of God;**  
and the firmament **sheweth his handywork.**

2 Day unto day uttereth speech, and **night unto  
night sheweth knowledge.**

3 *There is* no speech nor language, *where* their  
voice is not heard.

4 Their line is gone out through all the earth, and  
their words to the end of the world. In them hath  
he set a tabernacle for the sun,

5 *Which is* as a bridegroom coming out of his  
chamber, *and* rejoiceth as a strong man to run a  
race.

6 His going forth *is* from the end of the heaven, and  
his circuit unto the ends of it: and there is nothing  
hid from the heat thereof.



## B. Rejection of Nature's Revelation

Rom. 1:18 For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who hold the truth in unrighteousness;

19 Because that which may be known of God is manifest in them; for God hath shewed *it* unto them.

20 For the invisible things of him from the creation of the world are clearly seen, being understood by the things that are made, *even* his eternal power and Godhead; so that they are without excuse:

21 Because that, when they knew God, they glorified *him* not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was darkened.



### III. SERVING AT HIS COMMANDS

Psa. 104:3 Who layeth the beams of his chambers in the waters: who maketh the clouds his chariot: who walketh upon the wings of the wind:

4 Who maketh his angels spirits; his ministers a flaming fire:

5 *Who* laid the foundations of the earth, *that* it should not be removed for ever.

#### A. All Creation Obeys Him

“...in the waters...the clouds...the wind...earth...”





## B. All Christians SHOULD Obey Him

1 Jn. 2:5 But whoso **keepeth his word**, in him verily is the love of God perfected: hereby know we that we are in him.

6 He that saith he abideth in him **ought himself also so to walk, even as he walked.**

1 Jn. 5:2 By this we know that we love the children of God, **when we love God, and keep his commandments.**

3 For **this is the love of God, that we keep his commandments:** and **his commandments are not grievous.**





Eph. 2:8 For by grace are ye saved through faith; and that not of yourselves: *it is* the gift of God:

9 Not of works, lest any man should boast.

10 For we are his workmanship, **created in Christ Jesus unto good works**, which God hath before ordained that **we should walk in them**.

#### IV. SAVORING THE COMPLETION

Psa. 104:31 The glory of the LORD shall endure for ever: **the LORD shall rejoice in his works.**

##### A. The Purpose for our Soul's Encouragement

Eccl. 7:8 **Better is the end of a thing than the beginning thereof:** *and the patient in spirit is better than the proud in spirit.*





1 Chron. 28:20 And David said to Solomon his son, Be strong and of good courage, and do *it*: fear not, nor be dismayed: for the LORD God, *even* my God, *will be* with thee; he will not fail thee, nor forsake thee, **until thou hast finished all the work** for the service of the house of the LORD.

Acts 20:24 But none of these things move me, neither count I my life dear unto myself, **so that I might finish my course with joy, and the ministry, which I have received of the Lord Jesus**, to testify the gospel of the grace of God.

2 Tim. 4:7 I have fought a good fight, **I have finished my course**, I have kept the faith:

Jn. 4:34 Jesus saith unto them, My meat is **to do the will of him that sent me**, and **to finish his work**.

## B. The Praise for our Savior's Enabling

Psa. 104:31 The glory of the LORD shall endure for ever: **the LORD shall rejoice in his works.**

1 Cor. 3:9 For we are labourers together with God: ye are God's husbandry, [ye are] God's building.


10 According to the grace of God which is given unto me, as a wise masterbuilder, I have laid the foundation, and another buildeth thereon. But let every man take heed how he buildeth thereupon.

11 For other foundation can no man lay than that is laid, which is Jesus Christ.

12 Now if any man build upon this foundation gold, silver, precious stones, wood, hay, stubble;

13 Every man's work shall be made manifest: for the day shall declare it, because it shall be revealed by fire; and the fire shall try every man's work of what sort it is.





14 If any man's work abide which he hath built thereupon, he shall receive a reward.

15 If any man's work shall be burned, he shall suffer loss: but he himself shall be saved; yet so as by fire.

Prov. 31:31 Give her of the fruit of her hands; and **let her own works praise her in the gates.**

1 Cor. 4:1 Let a man so account of us, as of the ministers of Christ, and stewards of the mysteries of God.

2 Moreover it is required in stewards, that a man be found faithful. ...

5 Therefore judge nothing before the time, until the Lord come, who both will bring to light the hidden things of darkness, and will make manifest the counsels of the hearts: and then shall every man have praise of God.

## Conclusion

1 Tim. 6:14 That thou keep *this* commandment without spot, unrebukeable, until the appearing of our Lord Jesus Christ:  
15 Which in his times he shall shew, *who is* the blessed and only Potentate, the King of kings, and Lord of lords;  
16 Who only hath immortality, **dwelling in the light which no man can approach unto**; whom no man hath seen, nor can see: to whom *be* honour and power everlasting. Amen.



1 Tim. 2:5 For *there is* one God, and **one mediator between God and men, the man Christ Jesus;**

Psa. 104:31 The glory of the LORD shall endure for ever: **the LORD shall rejoice in his works.**

32 He looketh on the earth, and it trembleth: he toucheth the hills, and they smoke.

33 I will sing unto the LORD as long as I live: I will sing praise to my God while I have my being.

34 My meditation of him shall be sweet: I will be glad in the LORD.

35 Let the sinners be consumed out of the earth, and let the wicked be no more. Bless thou the LORD, O my soul. Praise ye the LORD.

