



1. Read Matthew 22:37-38 along with John 10:10. Why *should* we connect all of life and every moment to God?

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a. Why would I *want* to remain fixated on God – moment by moment?

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2. Read Psalm 103:1-2. “Bless” means to “speak well of God” (similar to “praise”). Why must we *tell ourselves* to do this regularly?

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a. How does praising God keep us locked into Him?

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b. How do you praise God with all that is within you? Why does this matter?

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c. What keeps you from blessing God?

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d. What does it mean for God to be “holy”?

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e. Why does God’s holiness compel us to praise Him?

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3. Read Psalm 103:3-16. List out the “benefits” from God that should lead us to bless Him.

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a. Why is “forgiveness” in Jesus the essential “benefit” from God that leads to praise?

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b. Beyond forgiveness, name the top 2 “benefits” from God listed that uniquely move you to praise Him.

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c. Explain why these move you to praise God?

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d. What practical steps will you take in expressing praise to God for these benefits?

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e. Why are *other people* blessed when *you* bless God?

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4. Read Psalm 103:17-18. What is the *evidence* that someone has placed their faith in Jesus and is experiencing His love?

a. What commandment have you minimized lately? How will you *grow* in obedience here?

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5. Read Psalm 103:19. Why does God being in control over all lead you to bless Him?

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6. Read Psalm 103:20-22. Why should everyone and everything praise God?

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a. What is significant about this Psalm *ending* in the way it *began*? Compare the beginning of v. 1 with the end of v. 22.

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7. Psalm 113:3-4. Why do you *want* to grow in praising God from morning to night?

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a. How will you *discipline* yourself to praise Him more and more?

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