

Reedy Fork Baptist Church

Wednesday, July 15, 2026

BIBLE STUDY

Theme: :*"Never Forget the Good Things He Has Done!"*

SCRIPTURE: *Psalm 103:1-2NIV*

¹Praise the Lord, my soul; all my inmost being, praise his holy name.

² Praise the Lord, my soul, and forget not all his benefits—

I. Key Words:

- Bless
- Soul
- Benefits
- Forgive
- Iniquities
- Heals
- Redeems
- Crowns

II. People, Places, & Times:

- Lord

III. Background:

Psalm 103:1-2 is a masterclass in preaching to yourself. King David commands his entire inner being—mind, will, and emotions—to praise God, while warning himself against the dangerous spiritual amnesia of forgetting God's blessings. True worship requires deliberate, wholehearted engagement, not just passive gratitude

IV. In Depth:

1. Lesson Emphasis: 1. Speaking to the Soul (Verse 1)

A. "Bless the Lord, O my soul; and all that is within me, bless His holy name!"

1. The Command: David isn't asking his soul politely; he is commanding it to praise God. This acknowledges that our emotions often lag behind what we know to be true.

When we don't feel like praising, we must preach to our souls.

2. All that is within me": Worship requires complete, holistic engagement. It involves your intellect, your desires, your memory, and your emotions. It stands against halfhearted, passive, or purely ritualistic praise.
3. His Holy Name: "Blessing" God means recognizing, honoring, and magnifying His character.

His "holy name" refers to His absolute purity, perfection, and set-apart nature.

2. Lesson Emphasis: 2. Combating Spiritual Amnesia (Verse 2)

A. "Bless the Lord, O my soul, and forget not all His benefits."

1. The Memory Problem: It is a tragic reality that humans easily forget the grace and goodness of God when trials arise. David is calling for a disciplined, intentional recall of God's track record in his life.
2. "His benefits": Gratitude must be rooted in rational reasons. David emphasizes that remembering these benefits (which are explicitly listed in verses 3-5, such as forgiveness, healing, and redemption) fuels our praise.

V. Make It Happen

- A. Preach to Yourself: Take a moment to command your soul to praise God, especially when you are feeling anxious, discouraged, or spiritually dry.
- B. Count Your Blessings: To "forget not," make an active, deliberate list of God's tangible "benefits" in your life this week.

VI. Follow the Spirit:

What will you do as a result of this lesson?
