

PSALMS

songs for all of life

DISCUSSION GUIDE

CONVERSATIONS WITH YOURSELF: PSALM 103

Read the Text

Psalm 103

- ¹ 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,
- ³ who forgives all your iniquity,
who heals all your diseases,
- ⁴ who redeems your life from the pit,
who crowns you with steadfast love and mercy,
- ⁵ who satisfies you with good
so that your youth is renewed like the eagle's.
- ⁶ The Lord works righteousness
and justice for all who are oppressed.
- ⁷ He made known his ways to Moses,
his acts to the people of Israel.
- ⁸ The Lord is merciful and gracious,
slow to anger and abounding in steadfast love.
- ⁹ He will not always chide,
nor will he keep his anger forever.
- ¹⁰ He does not deal with us according to our sins,
nor repay us according to our iniquities.
- ¹¹ For as high as the heavens are above the earth,

so great is his steadfast love toward those who fear him;
¹² as far as the east is from the west,
so far does he remove our transgressions from us.

Main Point

Do you ever talk to yourself? What do you say? In this Psalm, we see David reciting truths about God. ***He models to us the best kind of talking-out-loud: reciting the truth and character of God.*** In a culture of busyness, distractions, and self-focus, it's important that we remain grounded in God's word and remember that anything good is because of Him.

David particularly focuses on the forgiveness of God. When we consider the deep sin of our own hearts and the world, it can be hard to fathom that God forgives it all. But He does. ***God can forgive because of Christ's work on our behalf.*** When we accept this truth, we are saying that we no longer belong to ourselves. We give our lives to Jesus and it's no longer us who lives, but rather Christ who lives in us. When God sees us, He doesn't see our sin; He sees the atoning work of Jesus.

The characteristics and goodness of God are endless, and this Psalm highlights some amazing truths. ***Not only does God forgive, He also heals, redeems, loves, gives, and restores.*** When we meditate on and speak aloud these truths, it brings us to a place of praise. It reminds us that we are covered, loved, and cared for by our perfect Heavenly Father.

Reflect Together

- 1. Who is God?** Take some time to model David's worship and say some truths about God. What are some characteristics about Him? How is He good, holy, and perfect?
- 2. What has He done?:** We talked about how God forgives, heals, redeems, loves, gives, and restores. How have you seen these truths in your life or in the world through the work of God?

3. **Who are you?**: Which of these attributes of God do you tend to forget? Why do you think that is?
4. **What are you to do?**: Which of the reminders of God's characters do you need right now and why? What's a next step you can take in reminding yourself of this truth?

Abide Together

Consider the ACTS prayer model (adoration, confession, thanksgiving, supplication). Take some time to focus on adoration. Adore God together! Pray out loud His characteristics and praise Him for it!

Mission Together

When we are reminded of who God is, it's hard to keep it to ourselves. Who could God be wanting you to pursue by sharing who He is with them?