

"THE BOOK OF PSALMS" - Book IV (90-106) - Psalm 103

June 9, 2021

Bless the Lord!

Summary: *Psalm 93 is a psalm of David. A hymn to God's love and compassion toward his people. This call to praise frames the body of the psalm/hymn and sets the tone. (vv1-2, 21-22) The recital of praise falls into two unequal parts; (1) a three part celebration of personal benefits received (vv3-5) and (2) a 14 verse recollection of God's mercies to his people of Israel (vv6-19).we also see God's compassion on his people as sinners and as frail mortals, the vastness of God's love and its never ending perseverance.*

Outline:

- I. Individual Praise (vv.1-2)
- II. Praise for the Lord's Goodness to Individuals (vv. 3-5)
- III. Praise for the Lord's Kingship over Israel (vv.6-19)
- IV. Universal and Individual praise (vv.20-22)

Reflection Questions

Please Read Psalm 103:1-5:

1. This Psalm begins and ends with the phrase, "Bless the Lord, O my soul." For some believers, that language seems antiquated or unfamiliar. How does that phrase affect you?
2. Which of the Lord's benefits (vs. 2) that are listed in verses 1-5 impress you the most? Why is that one near and dear to you?

Please Read Psalm 103:6-18

3. Verses 7 & 8 refer to Moses' encounter with God in person. Refer back to Exodus 33:18-34:1-8. Why do you think Moses pleaded with God to allow him to see him? What did Moses witness on the mountain that is echoed in this psalm?
4. What is the measurement of God's steadfast love towards those who revere him? How do you experience God's love in your day-to-day life? Who, more than any other person, have you received God's love through the most? In the 21st century, how are others to know and experience God's limitless love?
5. How do you think God's love differs from what our culture would define as love?

Please Read Psalm 103:19-22

6. Who is being commanded to "Bless the Lord" in these verses? What do you think it means to obey "the voice of his word" (vs. 20)? If you were told to declare God's greatness tonight, what would that look like?

7. After our study we find ourselves back at the encouragement to “Bless the Lord, O my soul.” Has your understanding or appreciation of that phrase changed? If so, how has it changed?

Life Application – I did this, and it really blessed me. Praying the Alphabet, this can be fun and challenging in a Small Group, as a family, or individually. Pray through the alphabet using each letter to declare God’s greatness. For instance: A is God you are Almighty, B is God you are Beneficent, C is God you are Compassionate, etc. Now, you finish praying all the way through the alphabet declaring God’s greatness.

Psalm 103: A Psalm of David. Praise for the LORD’s Mercies

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 iniquities, Who heals all your diseases,

⁴ Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies,

⁵ Who satisfies your mouth with good *things*, *So that* your youth is renewed like the eagle’s.

⁶ The LORD executes righteousness And justice for all who are oppressed.

⁷ He made known His ways to Moses, His acts to the children of Israel.

⁸ The LORD *is* merciful and gracious, Slow to anger, and abounding in mercy.

⁹ He will not always strive *with us*, Nor will He keep *His anger* forever.

¹⁰ He has not dealt with us according to our sins, Nor punished us according to our iniquities.

¹¹ For as the heavens are high above the earth, So great is His mercy toward those who fear Him;

¹² As far as the east is from the west, So far has He removed our transgressions from us.

¹³ As a father pities *his* children, So the LORD pities those who fear Him.

¹⁴ For He knows our frame; He remembers that *we are* dust.

¹⁵ *As for* man, his days *are* like grass; As a flower of the field, so he flourishes.

¹⁶ For the wind passes over it, and it is gone, And its place remembers it no more.

¹⁷ But the mercy of the LORD *is* from everlasting to everlasting On those who fear Him, And His righteousness to children’s children,

¹⁸ To such as keep His covenant, And to those who remember His commandments to do them.

¹⁹ The LORD has established His throne in heaven, And His kingdom rules over all.

²⁰ Bless the LORD, you His angels, Who excel in strength, who do His word, Heeding the voice of His word.

²¹ Bless the LORD, all *you* His hosts, *You* ministers of His, who do His pleasure.

²² Bless the LORD, all His works, In all places of His dominion. Bless the LORD, O my soul.