

Bless the Lord Psalm 103

1 **What's something good that happened to you recently that you almost forgot to be thankful for?**

READ PSALM 103

Prayer of Praise

Praise isn't a mood we wait for. In Psalm 103, David tells his own soul to praise God, and gives it plenty of reasons. Praise grows when we remember who God is and what He has done.

2 **v1–5: David speaks to his own soul. What benefits does he list? What would it look like for you to "preach" to your own soul like this?**

3 **v6–9: Verse 8 echoes God's words to Moses in Exodus 34:6. Why does it matter that David's praise rests on what God has revealed about himself, not on how life is going?**

4 **v10–14: Which picture of God's mercy and fatherly care speaks to you most? How does it change the way you come to God in prayer?**

5 **v15–18: David contrasts our frailty with God's everlasting love. Why is this a reason for praise rather than despair?**

6 **v19–22: Who is called to praise God? How does it change your view of your own small prayers of thanks to know you're joining in with all creation?**

7 **Read Colossians 2:13–14. How does the cross show us the full depth of verse 12?**

8 **Which of God's benefits are you most likely to forget when life gets busy or hard? What could help you remember them this week?**

READ PSALM 103 AGAIN.

This time pray each section below, then leave time for more prayer before continuing to the next section.

1) v1–5 Remember: thank God for specific benefits he has given you – forgiveness, provision, answered prayer, people, rescue.

2) v6–14 Adore: praise God for who he is – compassionate, gracious, slow to anger and full of steadfast love.

3) v15–18 Trust: thank God that his love lasts from everlasting to everlasting, even though our lives are brief.

4) v19–22 Join in: go around the group, each offering one short sentence starting "Bless the Lord, because he..."