

Psalm 103—Forget Not All His Benefits

1. Read Psalm 103 all the way through once.
2. Read Psalm 103 a second time, making the following notes:
 - Underline actions God performs (ex: forgives our iniquity; 103:2).
 - Double underline attributes describing God (ex: holy; 103:1).
 - Put a box around ways we can or should respond (ex: bless; 103:1).
 - Circle any other words, images, phrases that stand out to you.

God's Actions

While there are many actions to praise God for in Psalm 103, here are questions and additional verses to help you reflect on 103:2–5. Use them to dwell on God's kindness and spend time thanking Him for it and asking for more.

- 1) **Forgives our sins** (103:3, 6–14; See Exodus 34:7; Luke 7:47; 1 John 1:9; 1 Peter 2:24–25).
 - What are sins God has forgiven you of in the past you can thank Him for?
 - Are there sins you need to confess and be cleansed of today? Have you been guilty recently of pride, anger, trusting in self, idolatry, etc.?
 - How can you rest in the full forgiveness and complete acceptance before God through Jesus?
 - Thank God for sending Jesus to die so you can be forgiven. Thank God for the freedom you have because of forgiveness and justification (being declared right by God and before God).
- 2) **Heals our diseases, brokenness, and corruption** (103:3; see Psalm 107:20; 147:3; Isaiah 53:5; Jeremiah 3:22; Matthew 8:17).
 - God not only heals physical and emotional brokenness but He heals spiritual brokenness and corruption. What are ways you've experienced God's healing, restoration, or putting back together what's been broken in your life? Thank God in prayer for these things.
 - Where might you need to experience God's healing or restoration right now? Is there a sin or corruption lingering you want freed from? Is there an ongoing pain, sorrow, or disappointment to bring to Him? Do you feel empty, weary, or broken and need Him to make you whole? Spend a few minutes considering and praying over these questions. Talk to God about it.
- 3) **Redeems your life from the pit** (103:4; see Psalm 16:5–11; 25:22; 56:13).
 - How has God redeemed you?
 - What are "pits" you got yourself into—either before Christ or as a Christian—He has graciously pulled you out of?
 - Apart from God's grace and kindness in your life, where might you be if left to yourself?
 - Thank God for these things.

4) **Crowns you with steadfast love and mercy** (103:4, 8, 11–19; see Psalm 5:12; 25:6; Lamentations 3:22–23; 1 John 4:7–12).

- How do you know God loves you? What are ways you've experienced God's love and mercy?
- Why is it important that God's love is steadfast?
- Why are we desperate for God to be merciful toward us?
- Why does David contrast our fleeting existence with God's steadfast love (103:14–17)?
- Thank God for His steadfast love and mercy.

5) **Satisfies you with good** (103: see Psalm 34:10; 107:9; John 6:35; 7:37).

- What are ways God has satisfied you in this life?
- Why don't we experience more satisfaction in God?
- What is a promise in this verse you can cling to? When might you need it most?
- How does abiding with God or being near Him satisfy us and renew us?
- Thank God for ways He satisfies you. Ask Him to help you say no to idols/substitutes so you can feast more on Him.

God's Attributes

1) **Holy** (103:1; see Psalm 77:13; 96:9; Isaiah 57:15).

- What does God's holiness mean or signify? Why is God the only one in the universe is holy?
- What responses does God's holiness call for from mankind?
- Spend a moment praising God for His holiness.

2) **Righteous & Just** (103:6; see Psalm 33:5; 97:2; 146:7; Romans 3:21–26).

- What do righteousness and justice mean for God?
- Why are these attributes praiseworthy? What would God, and the world, be like without them?
- Why should God's righteousness and justice cause us to depend on His grace and forgiveness?
- Praise Him for His righteousness and justice.

3) **Merciful & Gracious** (103:8, 9–13; see Psalm 86:15; Exodus 34:6; Ephesians 2:4; Titus 3:5).

- How has God been merciful and gracious to you?
- Where do you need grace and mercy today?
- Why does reflecting on God's grace and mercy cause gratitude to Jesus?
- Thank God for His undeserved mercy and abundant grace.

4) **Compassionate** (103:13; see Psalm 78:38–39; 116:15; Romans 5:6–9; Mark 6:34).

- What are examples of God's compassion in this Psalm?
- How have you experienced God's compassion personally in your life?
- What does it mean for God to be a loving Father who has compassion on us as His little children? Why is thinking of God in these terms important?
- Praise God for His compassion.