

# “Bless the Lord”

Expressions #5 • Psalm 103

## INTRODUCTION

David was a worshiper. He poured out his praise, love and thanksgiving to God in the Psalms. In Psalm 103 he reminds himself to bless the Lord. Sometimes we need to be reminded that God is worthy of praise no matter what is going on in our lives. David stirs up his soul to praise by recounting the many truths of who God is and what He has done. As you reflect on this psalm, let your soul join in the chorus of praise to our God who is worthy.

**Ice Breaker (Optional):** What is the first thing that comes to your mind as a cause to praise God?

## Study Questions (45 MIN)

### Bless the Lord! We are Saved.

#### Q1. Read Psalm 103:1-5; Hebrews 13:15; Mark 12:30

David begins this psalm by commanding his own soul to bless<sup>1</sup> God. It is a conscious decision. Blessing and adoring God is not merely the result of our feelings. How does Hebrews 13:15 refer to our praise of God? How does Mark 12:30 tell us we are to love God? As David begins to recall the reasons he should bless God, he lists many of the things God has done for him. What is included in that list of benefits? What would you add to that list?

<sup>1</sup>barak - to kneel; by implication to bless God (as an act of adoration)

### Bless the Lord! We are His Children.

#### Q2. Read Psalm 103:6-19; 2 Corinthians 1:3-4

As David continues, he lists many of the characteristics of God that are so deserving of worship. Among these, in verse 13, his loving compassion is likened to that of a father. Many times Jesus referred to God as our Father. What do you think of as the things a good father provides for his children? How has God provided those things to you?

#### Q3. Read Psalm 103:8; Exodus 34:6-7; Numbers 14:18; Joel 2:13; Jonah 4:2; Ephesians 2:4-7

In verse 8 David makes an incredible proclamation about God. It is the same truth declared by God about Himself to Moses and echoed throughout the Old Testament. What parallels to this truth do we also find in Ephesians 2:4-7, and how did they find expression through Christ?

### Bless the Lord! We can Praise Him.

#### Q4. Read Psalm 103:20-22; Revelation 4:8-11

We read in verses 20-22 that all creation is called to praise God, including the angels and other heavenly hosts. How often is God being praised in heaven according to Revelation 4:8-11? If we can imagine that we are standing there before God’s throne, surrounded by His glory, we too would fall down continually in worship. Take one minute (just 60 seconds) to write down all the reasons you can think of to worship God (both for who He is and what He has done for you).

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Share this list with others and take time to praise God together for all the reasons you have found.

## Wrap-Up

David was a man after God’s own heart. He made a conscious decision to bless the Lord, and stirred up his heart, soul, mind and strength by recounting the truths of who God is and what He has done for us. David recognized that he had a good Father who offered forgiveness of iniquities and looked upon him as His own child. It is because of Jesus that we too can lay hold of these promises, and knowing this, we can join the chorus of praise in heaven, worshiping the God who is worthy.

## Memory Verse

*Bless the LORD, O my soul, and all that is within me, bless his holy name!*  
-Psalm 103:1 ESV

## Prayer (20 MIN)

Ask your group to pray for you regarding one area where you can apply this study in your life: \_\_\_\_\_

Pray for your group members’ needs: \_\_\_\_\_

Challenge: Try to set aside time each day to thank the Lord for what He has done in your life.

**Q1**

Psalm 103:1-5 ESV - 1 Of David. 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.

Hebrews 13:15 ESV - 15 Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name.

Mark 12:30 ESV - 30 And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.

**Q2**

Read Psalm 103:6-19 in your Bible.

2 Corinthians 1:3-4 ESV - 3 Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, 4 who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.

**Q3**

Read Psalm 103:8 - 8 The LORD is merciful and gracious, slow to anger and abounding in steadfast love.

Exodus 34:6-7a ESV - 6 The LORD passed before him and proclaimed, "The LORD, the LORD, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness, 7 keeping steadfast love for thousands, forgiving iniquity and transgression and sin, but who will by no means clear the guilty, ...

Numbers 14:18 ESV - 18 'The LORD is slow to anger and abounding in steadfast love, forgiving iniquity and transgression, but he will by no means clear the guilty, visiting the iniquity of the fathers on the children, to the third and the fourth generation.'

Joel 2:13 ESV - 13 and rend your hearts and not your garments." Return to the LORD your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love; and he relents over disaster.

Jonah 4:2 ESV - 2 And he prayed to the LORD and said, "O LORD, is not this what I said when I was yet in my country? That is why I made haste to flee to Tarshish; for I knew that you are a gracious God and merciful, slow to anger and abounding in steadfast love, and relenting from disaster.

Ephesians 2:4-7 NIV - 4 But because of his great love for us, God, who is rich in mercy, 5 made us alive with Christ even when we were dead in transgressions--it is by grace you have been saved. 6 And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, 7 in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.

**Q4**

Psalm 103:20-22 NIV - 20 Praise the LORD, you his angels, you mighty ones who do his bidding, who obey his word. 21 Praise the LORD, all his heavenly hosts, you his servants who do his will. 22 Praise the LORD, all his works everywhere in his dominion. Praise the LORD, my soul.

Revelation 4:8-11 ESV - 8 And the four living creatures, each of them with six wings, are full of eyes all around and within, and day and night they never cease to say, "Holy, holy, holy, is the Lord God Almighty, who was and is and is to come!" 9 And whenever the living creatures give glory and honor and thanks to him who is seated on the throne, who lives forever and ever, 10 the twenty-four elders fall down before him who is seated on the throne and worship him who lives forever and ever. They cast their crowns before the throne, saying, 11 "Worthy are you, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they existed and were created."

**Prayers Con't:** \_\_\_\_\_

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