

Midweek Study

Bless the Lord!

Day One – We Are Saved!

Read Psalm 103:1-5; Read Hebrews 13:15

David takes time to reflect on what God has done for Him. He is reminding himself to “**forget not all His benefits.**” Do you take time each day to reflect on your relationship with the Lord? Do you ever experience times when you forget His benefits?

Pray and reflect on these verses. Try to set aside time each day to thank the Lord for what He has done in your life. Take notice of any impact that a daily time of reflection and praise has on your life.

Day Two – We Are His Children!

Read Psalm 103: 1-19; 1 Corinthians 10:13

We read that God is a loving father. What characteristics do you read about God the Father? What differences do you see between your earthly father and God the Father? What reactions/feelings rise up when you think of God as your father?

Pray and take the time to talk to your Father. Be honest with Him regarding any struggles, fears, or concerns you have. Continue to take time to praise and thank Him for what He has done in your life.

Day Three – We Are Included!

Read Psalm 103: 1-22

We read in verses 20-22 that all creation is called to praise God, including us, his people. Reflecting on the last few days, and what you have read in this passage, what can you praise God for? What changes, benefits, attitudes have been impacted by your time with God? How has praise impacted your day?

Pray and thank God for His love. Take time today, and each day to praise Him and acknowledge all He has done for you because of Jesus!

Bless the Lord

Expression – The Psalms #7

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Psalm 103

A Psalm of David

Bless the Lord!

1. We are Saved .

Verses 1-5 (NKJ)

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.

...Because of Jesus!

Bless the Lord!

2. We are His Children .

Verses 6-19 (NKJ)

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.

...Because of Jesus!

Bless the Lord!

3. We can Praise Him.

Verses 20-22 (NKJ)

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!

...Because of Jesus!