

Bless the Lord

Read: Psalm 103

Main Idea: True thanksgiving comes from a heart that knows and remembers the goodness of God, as reflected in His mercy and love through Christ.

Key Verses: “Bless the LORD, O my soul, and all that is within me, bless his holy name! Bless the LORD, O my soul, and forget not all his benefits.” (**Psalm 103:1-2**)

Key Principles:

- Genuine praise begins by reminding the soul to actively remember God’s bountiful dealings rather than succumbing to forgetfulness or ingratitude.
- God’s redemptive benefits, including forgiveness and healing, echo His covenant promises from the exodus, pointing to Christ’s complete renewal of sinners.
- The Lord’s mercy is rooted in His revealed character, offering undeserved grace that removes sin as far as the east is from the west.
- God’s compassion acknowledges human frailty, treating believers with tender care while contrasting our fleeting lives with His everlasting love.
- Revering God’s sovereignty involves recognizing His universal rule, which calls all creation, including angels and His people, to obedient worship.
- True thanksgiving flows from a heart transformed by Christ, leading to praise that magnifies God’s justice, grace, and enduring commitment to His covenant people.

Discussion:

1. How does David’s call to “bless the LORD” in this psalm illustrate the importance of remembering God’s blessings in your daily life?
2. In what ways do the benefits listed reflect God’s work in the exodus and point forward to Christ? How have you experienced these in your own redemption story?
3. What does it mean to marvel at God’s mercy and grace, especially when He does not deal with us according to our sins? How can we confront pride in relationships?
4. How does the image of God as a compassionate Father bring comfort amid life’s fragility? Share how trusting in His steadfast love has sustained you during trials.
5. Why is it essential to revere God’s sovereignty as King over all, and how does this lead to obedience in worship?
6. How does the psalm’s progression from personal to universal praise motivate you to join all creation in blessing the Lord? Share how this encourages inclusive thanksgiving in your community.

Prayer:

- Pray for hearts that remember God’s goodness, mercy, and love revealed in Christ.
- Pray:
 - For gratitude for personal redemption, healing, and renewal through the gospel.
 - That we will marvel at God’s grace, confronting forgetfulness with Scripture.
 - For boldness to live in obedient worship, reflecting His sovereignty in daily life and relationships.

Bless the Lord
Psalm 103

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| I. | <u>Remember His blessings.</u> | 103:1-5 |
| 1. | <u>Praise</u> God for His <u>benefits.</u> | 103:1-2 |
| 2. | <u>Thank</u> God for His <u>redemption.</u> | 103:3-5 |
| II. | <u>Reflect on His mercy.</u> | 103:6-12 |
| 1. | <u>Celebrate</u> God's <u>justice.</u> | 103:6 |
| 2. | <u>Marvel</u> at God's <u>grace.</u> | 103:7-12 |
| III. | <u>Rejoice in His compassion.</u> | 103:13-18 |
| 1. | <u>Rest</u> in God's <u>care.</u> | 103:13-14 |
| 2. | <u>Trust</u> in God's <u>love.</u> | 103:15-18 |
| IV. | <u>Revere His sovereignty.</u> | 103:19-22 |
| 1. | <u>Honor</u> the Lord as <u>Creator.</u> | 103:19 |
| 2. | <u>Bless</u> the Lord with <u>obedience.</u> | 103:20-22 |

NEXT WEEK:
The Light of the World
John 8:12-30