



Week Seven: Undeserving (Psalm 103)

Written later in his life, after experiencing a lifetime of God's grace and goodness, David's gratitude to God is all-consuming. He wants to praise God with everything in him, from the depths of his soul.

David names his blessings before God, remembering and recounting God's amazing love. God has dealt with David, like he deals with us, with mercy over justice.

To become a grateful person before the Lord, like David, we talk to ourselves, we count our blessings, we remember God's character and join with all creation praising the love of God.

To know that God knows us fully and loves us completely is a great gift, worthy of all our praise.

SMALL GROUP DISCUSSION GUIDE

Verses 1-5 include a list of the Lord's benefits. List them and reflect on how each one applies to your life.

What do you think it means to praise God with your whole heart or "all your inmost being"?

From what "pit" has God redeemed you? How have you responded to him?

In verses 8-10, what are the 8 characteristics of God that David points out?

David contrasts the life of mortals with God's love in verses 15-18. In which one will you put your trust and why?

Spend some time in concentrated prayer using the acronym P.R.A.Y.

Praise - Praise God for who he is and what he has done.

Repent - Recognize where you need to turn from unhealthy or destructive thinking and turn back to God's way of life.

Ask - Ask for God's intervention on your behalf and on behalf of others.

Yield - Entrust your requests to God's good and perfect response and timing.

For further study: Using the S.O.A.P. method, explore more deeply this week's Psalm.

- Scripture
- Observation
- Application
- Prayer

God's benefit package (Psalm 103:1-5)

Scripture: Write out the scripture for today. Circle, highlight or somehow mark the words that stand out to you.

Observation: What is going on in this verse? Who is talking? Who is the audience? What is the occasion?

Application: What might God want you to do with what you have observed? How might it change your relationship to him, to yourself, to others?

Prayer: Talk to God about what you're thinking and feeling. Tell him how your heart might be leading you to respond. Ask him for what you might need to be obedient to him and his Word.

God's righteousness (Psalm 103:6-7)

Scripture: Write out the scripture for today. Circle, highlight or somehow mark the words that stand out to you.

Observation: What is going on in this verse? Who is talking? Who is the audience? What is the occasion?

Application: What might God want you to do with what you have observed? How might it change your relationship to him, to yourself, to others?

Prayer: Talk to God about what you're thinking and feeling. Tell him how your heart might be leading you to respond. Ask him for what you might need to be obedient to him and his Word.

God's gracious forgiveness (Psalm 103:8-12)

Scripture: Write out the scripture for today. Circle, highlight or somehow mark the words that stand out to you.

Observation: What is going on in this verse? Who is talking? Who is the audience? What is the occasion?

Application: What might God want you to do with what you have observed? How might it change your relationship to him, to yourself, to others?

Prayer: Talk to God about what you're thinking and feeling. Tell him how your heart might be leading you to respond. Ask him for what you might need to be obedient to him and his Word.

God's compassion (Psalm 103:13-14)

Scripture: Write out the scripture for today. Circle, highlight or somehow mark the words that stand out to you.

Observation: What is going on in this verse? Who is talking? Who is the audience? What is the occasion?

Application: What might God want you to do with what you have observed? How might it change your relationship to him, to yourself, to others?

Prayer: Talk to God about what you're thinking and feeling. Tell him how your heart might be leading you to respond. Ask him for what you might need to be obedient to him and his Word.

God reigns over creation (Psalm 103:15-22)

Scripture: write out the scripture for today. Circle, highlight or somehow mark the words that stand out to you.

Observation: What is going on in this verse? Who is talking? Who is the audience? What is the occasion?

Application: What might God want you to do with what you have observed? How might it change your relationship to him, to yourself, to others?

Prayer: Talk to God about what you're thinking and feeling. Tell him how your heart might be leading you to respond. Ask him for what you might need to be obedient to him and his Word.
