

## **GOING DEEPER STUDY NOTES** (For August 15, 2021) FOR PERSONAL OR GROUP STUDY

When I pray Psalm 103 something happens to me! I begin to rise! I gather up all my concerns, all my circumstances, all my pain, all my sorrow and take myself and my soul to God. It's like cleaning out my junk drawer in the kitchen. It all comes out on the counter and is sorted-some to keep, some to throw away. Some to deal with later and occasionally "Oh! A treasure!" That's the effect of putting our whole life in the magnificent hands of God; we get sorted out. And what He returns is peace and joy and a truly blessed soul. So join me as we "Bless the Lord of my soul and all that is within me bless His Holy Name!"

### **Lord, Teach Us to Pray: Prayer of Praise**

(SERMON PASSAGE: Psalm 103)

"<sup>1</sup> Bless the Lord, O my soul, and all that is within me, bless his holy name! <sup>2</sup> Bless the Lord, O my soul, and forget not all his benefits, <sup>3</sup> who forgives all your iniquity, who heals all your diseases, <sup>4</sup> who redeems your life from the pit, who crowns you with steadfast love and mercy, <sup>5</sup> who satisfies you with good so that your youth is renewed like the eagle's. <sup>6</sup> The Lord works righteousness and justice for all who are oppressed. <sup>7</sup> He made known his ways to Moses, his acts to the people of Israel. <sup>8</sup> The Lord is merciful and gracious, slow to anger and abounding in steadfast love. <sup>9</sup> He will not always chide, nor will he keep his anger forever. <sup>10</sup> He does not deal with us according to our sins, nor repay us according to our iniquities. <sup>11</sup> For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him; <sup>12</sup> as far as the east is from the west, so far does he remove our transgressions from us. <sup>13</sup> As a father shows compassion to his children, so the Lord shows compassion to those who fear him. <sup>14</sup> For he knows our frame; he remembers that we are dust. As for man, his days are like grass; he flourishes like a flower of the field; <sup>16</sup> for the wind passes over it, and it is gone, and its place knows it no more. <sup>17</sup> But the steadfast love of the Lord is from everlasting to everlasting on those who fear him, and his righteousness to children's children, <sup>18</sup> to those who keep his covenant and remember to do his commandments. <sup>19</sup> The Lord has established his throne in the heavens, and his kingdom rules over all. <sup>20</sup> Bless the Lord, O you his

angels, you mighty ones who do his word, obeying the voice of his word! <sup>21</sup> Bless the Lord, all his hosts, his ministers, who do his will! <sup>22</sup> Bless the Lord, all his works, in all places of his dominion. Bless the Lord, O my soul!"

### **WHAT DOES IT SAY?**

1. Read through the entire Psalm. Summarize the main theme of this Psalm in one sentence.
2. What are the reasons that King David, the writer of this Psalm, gives for the praise he offers to the Lord? (verses 3-5 & 8-17)
3. How does God deal with our sins? (verses 10-12)
4. What does this Psalm tell us about the character of God?

### **WHAT DOES IT MEAN?**

5. What does it mean for us to "Bless the Lord"?
6. What does it mean when David writes, "as far as the east is from the west, so far does He remove our transgressions from us"? Why might this have special significance for David? (read 2 Samuel 12:1-15 & Psalm 51)
7. What does it mean that "the steadfast love of the Lord is from everlasting to everlasting"?

### **WHAT IS GOD SAYING TO YOU?**

8. Spend several minutes and write down as many reasons as you can think of for offering praise to God. What gift from God are you most grateful for?
9. Do you believe that God is "merciful and gracious, slow to anger and abounding in steadfast love"? What five words best express your understanding of who God is? Explain/Discuss
10. Do you believe that you have been forgiven by God? What happens to your sins when you ask God for forgiveness?
11. What are the ways you are "blessing the Lord" with your life?

Notes: \_\_\_\_\_

Spend time in silence, praying (even if just for a moment or two). Prayer is simply a conversation with God. Be honest. If you don't know how or what to pray admit that and ask God to help you pray. Ask God to help you talk to Him as you would talk to a friend. Ask God to reveal the many ways He has blessed your life. Spend time thanking God for the blessings you enjoy. Ask God to help you be a blessing to others. Ask God to forgive your sins. God loves you and He WILL help you and forgive you when you pray.