

The older we get, the more we realize the truth of our own mortality. However, David has inserted a crucial “but” in verses 17-19.

When the world seems to be falling apart, what is the reassurance we have that God’s love and forgiveness reach farther than our limited lifespan and that He is in control? Do you know someone who needs to hear that reassurance?

3. Praises Beyond Our Own

Psalm 103:20-22 NLT - 20 Praise the LORD, you angels, you mighty ones who carry out his plans, listening for each of his commands. 21 Yes, praise the LORD, you armies of angels who serve him and do his will! 22 Praise the LORD, everything he has created, everything in all his kingdom. Let all that I am praise the LORD.

It seems David catches a glimpse of heaven and enlists the praises of the angel armies as he concludes. In fact, their praise is continual.

Revelation 4:8b NLT – 8b...Day after day and night after night they keep on saying, "Holy, holy, holy is the Lord God, the Almighty--the one who always was, who is, and who is still to come."

What are some of the places you have witnessed creation praising God? (Think of the land, sea, sky and creatures that evoke praise.)

WRAP-UP

David reminded himself in this psalm of all God’s blessings; what He has done and what He will do. He realized that although man is weak, we have an eternal, almighty, loving, and forgiving Father who is in control. And that should cause us all to join in to praise and bless God.

Memory Verse

*Praise the LORD, my soul; all my inmost being, praise his holy name
Psalm 103:1 NIV*

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- Read through Psalm 103 again when you are alone with God and conclude by singing your praise to him (scan QR)

“Psalm 103”

Chroma- #1

INTRODUCTION

The Chroma sermon series is a study in the Psalms. The book of Psalms is a collection of 150 Hebrew poems. They range from cries of sorrow and lament to songs of praise and thanksgiving. We begin by studying Psalm 103, a song of praise by King David (one of several authors in Psalms). He is intent on praising the Lord whole-heartedly. In this psalm David reminds us of the many things we have to praise God for. Begin this week’s study by reading through Psalm 103 aloud.

Ice Breaker (Optional—8 min)

Do you ever sing praise songs when you are by yourself?

STUDY QUESTIONS (45 MIN)

1. Bless the Lord

Psalm 103:1-2 NIV - 1 Of David. Praise the LORD, my soul; all my inmost being, praise his holy name. 2 Praise the LORD, my soul, and forget not all his benefits--

The very first word David utters in this psalm is the Hebrew word *barak* which in the English translates to praise or to kneel down in adoration. This word also means to bestow benefits upon another. We most often think of God as the giver of blessings. But in this Psalm David seeks to bless God.

Have you ever considered that you can bring blessing to God? What does Zephaniah tell us is God’s feelings towards you?

Zephaniah 3:17 NLT - 17 For the LORD your God is living among you. He is a mighty savior. He will take delight in you with gladness. With his love, he will calm all your fears. He will rejoice over you with joyful songs."

David is not actually addressing God directly in this Psalm, he is speaking to himself (my soul).

What is his self-talk intended to produce (verses 1 and 2)?

David was intent on praising God with “all that was within him”. In Matthew 22:36 Jesus tells us this is the most important commandment.

Matthew 22:36-37 NLT - 36 "Teacher, which is the most important commandment in the law of Moses?" 37 Jesus replied, "You must love the LORD your God with all your heart, all your soul, and all your mind."

What do you think is the difference between loving God with your heart, with your soul and with your mind?

2. Don't Forget His Benefits

The majority of this psalm contains a long list of the reasons we have for praising God. Yet in verse 2 David reminds himself not to forget all of God's benefits.

What are the things that cause us to forget the good things God has done for us?

It isn't always in hard times that we forget God. Moses warned the Israelites about forgetting God in the good times.

Deuteronomy 8:10-14 NLT - 10 When you have eaten your fill, be sure to praise the LORD your God for the good land he has given you. 11 "But that is the time to be careful! Beware that in your plenty you do not forget the LORD your God and disobey his commands, regulations, and decrees that I am giving you today. 12 For when you have become full and prosperous and have built fine homes to live in, 13 and when your flocks and herds have become very large and your silver and gold have multiplied along with everything else, be careful! 14 Do not become proud at that time and forget the LORD your God, who rescued you from slavery in the land of Egypt."

So, whether you are experiencing hard times or plenty, this is a good time to remember and praise God for His many blessings. How quickly can you list 100 things for which you and your group are thankful? It might surprise you how quickly this goes. Have someone in the group use tally marks as you name the things you are thankful for using a simple sentence like "I am thankful God provided a home

for me.", "I thank God for my son." (you can use the blessings David lists in this Psalm to get you started)

Psalm 103:3-8 NLT - 3 He forgives all my sins and heals all my diseases. 4 He redeems me from death and crowns me with love and tender mercies. 5 He fills my life with good things. My youth is renewed like the eagle's! 6 The LORD gives righteousness and justice to all who are treated unfairly. 7 He revealed his character to Moses and his deeds to the people of Israel. 8 The LORD is compassionate and merciful, slow to get angry and filled with unfailing love.

Psalm 103:9-10 NLT - 9 He will not constantly accuse us, nor remain angry forever. 10 He does not punish us for all our sins; he does not deal harshly with us, as we deserve.

God's blessings can be seen in what He does (verses 3-8) and what He restrains from doing (verses 9-10). Imagine David sitting down to write this list and realizing first what God did for him, and then realizing what He didn't do to him.

After making your list of 100 items to be thankful for, did you sense a change in your awareness of God's love for you or yours for Him?

In light of what he penned, David reflects on the magnitude of God's blessing in verses 11 and 12.

What does he say about it? What doubts might this address in our own lives? (This was written after David committed adultery and murder and wrestled with his own guilt.)

David also realized the contrast between the frailty of man and the infinite power of God in verses 13 – 19.

Psalm 103:11-12 NLT - 11 For his unfailing love toward those who fear him is as great as the height of the heavens above the earth. 12 He has removed our sins as far from us as the east is from the west. 13 The LORD is like a father to his children, tender and compassionate to those who fear him. 14 For he knows how weak we are; he remembers we are only dust. 15 Our days on earth are like grass; like wildflowers, we bloom and die. 16 The wind blows, and we are gone--as though we had never been here. 17 But the love of the LORD remains forever with those who fear him. His salvation extends to the children's children 18 of those who are faithful to his covenant, of those who obey his commandments! 19 The LORD has made the heavens his throne; from there he rules over everything.