

Sermon Notes | Psalm 103

1. Remember God's Benefits (v. 1-5)

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 iniquity, who **heals** all your diseases,

⁴ who **redeems** your life from the pit, who **crowns** you with **steadfast love** and mercy, ⁵ who **satisfies** you with good so that your youth is renewed like the eagle's.

As long as I keep running about asking: "Do you love me? Do you really love me? I give all power to the voices of the world and put myself in bondage because the world is filled with "ifs". The world says, "Yes, I love you if you are good-looking, intelligent, and wealthy. I love you if you have a good education, a good job, and good connections. I love you if you produce much, sell much, and buy much." There are endless "ifs" hidden in the world's love. These "ifs" enslave me, since it is impossible to respond adequately to all of them. The world's love is and always will be conditional.

*...when I forget that voice of the first unconditional love, then ...[other voices] pull me into the "distant country". **Henri Nouwen**, The Return of the Prodigal*

2. Remember God's Character (v. 6-14)

⁶ The Lord works righteousness and justice for all who are oppressed.

⁷ He made known his ways to Moses, his acts to the people of Israel.

⁸ The Lord is **merciful** and **gracious, slow to anger** and **abounding in steadfast love**.

⁹ He will not always chide, nor will he keep his anger forever.

¹⁰ He does not deal with us according to our sins, nor repay us according to our iniquities. ¹¹ For as high as the heavens are above the earth, **so great is his steadfast love** toward those who **fear him**;

¹² as far as the east is from the west, so far does he remove our transgressions from us.

¹³ As a father shows compassion to his children, so the Lord shows compassion to those who fear him. ¹⁴ For he knows our frame; he remembers that we are dust.

3. Remember God's Permanence (v.15-18)

¹⁵ As for man, his days are like grass; he flourishes like a flower of the field;

¹⁶ for the wind passes over it, and it is gone, and its place knows it no more.

¹⁷ But the steadfast love of the Lord is from everlasting to everlasting on those who fear him, and his righteousness to children's children,

¹⁸ to those who keep his covenant and remember to do his commandments.

4. Remember God's Sovereignty (v.19-22)

¹⁹ The Lord has established his throne in the heavens, and his kingdom rules over all.

²⁰ Bless the Lord, O you his angels, you mighty ones who do his word, obeying the voice of his word!

²¹ Bless the Lord, all his hosts, his ministers, who do his will!

²² Bless the Lord, all his works, in all places of his dominion. Bless the Lord, O my soul!

Big Idea: God's love for us gives us every reason to bless Him.

Discussion Questions | Psalm 103

1. Share anything from the sermon that impacted you.
2. How do you deal with tough situations when it doesn't feel like God sees you or loves you?
3. What is one of your favorite benefits of God from v. 1-5, and why?
4. What about God's character is of comfort to you from v.6-14, and why?
5. Why is it important for us to remember God's sovereignty (v.19)?
6. Share an example of your vulnerability in forgetting God's goodness, and what you can do about it.