

## Heart to Heart with the Living God

### Psalm 103

*"Praise the LORD, O my soul". Psalm 103: 22b (NIV)*

**Day 1: Read Psalm 103.**

1. Why do you think David wrote this psalm?
  
2. This psalm is not a prayer directed toward God like many psalms we've studied, but rather a call to praise him. Whom does David exhort to do this?  
 vv. 1, 22b  
  
 vv. 20-21  
  
 v. 22a
  
3. In Hebrew poetry, an idea is often expressed in the first line and then reiterated in different words in the second line. With this in mind, what do verses 1 and 2 tell us about what it looks like to praise the Lord?
  
4. David spends this whole psalm taking his own counsel to "praise the LORD...and forget not all his benefits" (v. 2).
  - a. How does David do this?
  
  - b. Why is it so important to do this?

**Days 2 and 3: Read Psalm 103.**

5. In verses 3-5, David focuses on remembering and praising the Lord for the benefits he has received personally. In verses 6-19, he praises God for the benefits he has shown to his people. Use the chart below to record David's reasons for praise and worship.

Verse	Reason(s) for praise and worship
3	
4	
5	
6	
7	
8	

9	
10	
11	
12	
13	
17	
19	

6. Look back over the chart.

Which one do you find especially comforting or encouraging? Why?

Which one challenges an area of unbelief in your life? Why?

Which one fills you with praise? Why?

**Day 4: Read Psalm 103.**

7. What are the two realities that David recognizes about himself and all of humanity?

a. vv. 3a, 10

b. vv. 14-16

How does God respond to these? (vv. 10-14, 17)

8. In his compassion God sent Jesus to rescue us from sin and death. How has he done this?

a. Rom. 3:21-26

b. John 3:16

9. Have you believed in Jesus? Are you sure your sins are forgiven and that you have eternal life?

**Day 5: Psalm 103:19-22.**

10. Although David is the King of Israel, whom does he recognize as the ultimate ruler? (v. 19)

What is the appropriate response to God as king? (vv. 20-22)

As we worship God, whose praise are we joining? (vv. 20-21)

11. Read Rev. 4:9-13. How can this vision of our future worship in heaven, inform our worship now?