PRAISE THE LORD, MY SOUL

Psalm 103:1–22

Key Verse: 103:2

1. What does the psalmist tell his soul to do, and what does this mean? (1,2,22) Why is it important to praise God like this?
2. List God’s “benefits” of which the psalmist reminds himself (3–5). Why do you think forgiveness is mentioned first, and how is it related to healing? (3) What happens to us as a result, and what does this mean? (4) What else does God do for us? (5) What should we learn from these verses about God?
3. What else does the psalmist say about God? (6) How did he reveal himself to Moses and the Israelites? (7,8; Ex34:6) How does he express his character to us? (9,10) Think especially about what it means that “he does not treat us as our sins deserve.” Can you think of any examples of this in the Bible and in our lives?
4. How are God’s love and forgiveness described? (11,12) How does God view us? (13,14) How are mortals described? (15,16) In contrast, how are the Lord’s love and righteousness described? (17,18) What does it mean for us to “fear him,” and why is this important? (13,17,18) How else is God described, and why? (19)
5. In light of all these things, who all should praise the Lord? (20–22) What can we learn from this psalm about what we should be thankful for?