



Bless The Lord!
Psalm 103:1-22
#17 in a series on the Psalms
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Bless The Lord!

1. What does it mean to *bless the LORD*? (1-2, 20-22; cf. Psalm 34:1; 100:4-5; 104:1, 35; 145:1-2, 10, 21)
2. Who is to bless the LORD? (1-2, 20-22; cf. Psalm 66:8; 96:1-3; 134:1)

Why Should We Bless The LORD?

1. He is the sovereign God. (19, 22; cf. Psalm 96:1-6; 99:1-2; 104:1-32; 145:1-3, 13)
2. He is righteous. (6; cf. Psalm 7:11; 11:7; 19:9; 99:4; 145:1, 17, 21)
3. He reveals His nature and actions to us. (7; cf. Psalm 29:5; 94:10, 12; 119:102; 147:19;
John 14:16-17, 26)
4. He is compassionate, gracious and abounds in lovingkindness. (4, 8, 11, 13, 14, 17; cf. Psalm 25:10;
33:5; 63:3-4; 86:5; 111:4; 145:1, 8-9)
5. He blesses us.
 - a. He pardons our sins. (3, 10, 9, 12; cf. Psalm 65:3; 86:5; 130:8)
 - b. He heals our diseases. (3; cf. Psalm 30:2; 107:20; 147:3; Exodus 15:26)
 - c. He redeems our life from the pit. (4; cf. Psalm 18:4-6; 30:3; 49:15; 86:13; 116:1-4, 8-9)
 - d. He satisfies us with good things and renews our youth. (5; cf. Psalm 18:32; 29:11; 65:4; 68:35;
104:28; 107:9; 145:16; Isaiah 40:31)

In My Life This Week

(As you use this daily guide, write out your observations and responses on a separate piece of paper and save them with this sheet for reference.)

Monday. “Bless the LORD, o my soul.” We talked about the meaning of the Old Testament word *bless* yesterday. Can you summarize what it means? We are to bless the LORD with our entire being. Are you doing this? How do you do this?

Tuesday. Psalm 103 gives us a good number of reasons for blessing God: He is sovereign (verses 19, 22), righteous (verse 6), and reveals who He is and what He does (verse 7). Because these are basic and familiar truths, we may not focus on them, and so may not bless God because of them. Review the verses listed in the outline for these three truths for God. Identify specific examples of them from the last week. How are going to keep them in mind and keep on blessing God for them?

Wednesday. God is compassionate, gracious and abounds in lovingkindness. This is a truly amazing truth that runs throughout all of Scripture (see the references in the outline for a few examples in the Psalms). List examples of God being compassionate, gracious and overflowing with lovingkindness to you recently. Bless the LORD with all your being for each and all of them.

Thursday. We should bless God because He blesses us. On Sunday we noted four examples of His blessings from this Psalm: God pardons our sins, heals our diseases, redeems us from death and satisfies and renews us. The hymn urges us to count our blessings, naming them one by one. How many of God’s blessings of this week can you count? Bless God for each of them.

Friday–Saturday. On Sunday we plan to look at Psalms 58 and 59. Read and think through these Psalms as you prepare for our time of worship together.

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