

# Discussion Guide

questions to help start or continue conversations about faith

**Passage: Psalm 103**

## **Observation (look at the text):**

- v. 1-2 – What does David instruct his soul to do?
- v. 3-13 – What benefits (v2) does David ascribe to the LORD?
- v. 14-16 – How does David describe humans compared to the LORD?
- v. 17-18 – Who does the LORD give His loving kindness and righteousness to?
- v. 19 – Where has the Lord established His Throne? Who is under the LORD's sovereignty?
- v. 20-22 – Who does David instruct to bless the LORD?

## **Interpretation (understand what it means):**

- v. 1-13 – Why does David proclaim, "Bless the Lord O my soul, and all that is within me?"
- v. 1 – David proclaims, "Bless His holy Name!" Read Isaiah 7:14, Matthew 1:18-23, and Luke 1:26-33. There are some 200 names and titles of Christ found in the Bible. The Names of Christ include Savior, Messiah, and King. What names of Christ does David ascribe to the LORD in Psalm 103?
- v. 17 – Who is the loving kindness of the Lord reserved for? What is the measure of the loving kindness of the Lord?
- v. 15-22 – Read Philippians 2:3-11. What parallels are found in this passage from Philippians and Psalm 103:15-22?
- v. 19 – Read Revelation 4. In Revelation 4, we are given a vision of the LORD's throne. Are those surrounding the throne worshiping the LORD because of the benefits they have received?

## **Application (apply the word of God to life):**

- v. 1 Right now – what Name of Jesus is most meaningful to you? Pause right now and bless the LORD for meeting you where you are.
- v. 1-13 – In verse 2, David instructs us, "do not forget the benefits of the LORD." He then expands on these benefits.

- What benefits of the LORD found in Psalm 103 have you experienced in your own life?
- Are there other benefits from the Lord you have experienced that are not found in verses 3-13?
- When you experience the benefits of the Lord, what is your response? Does an overwhelming song of joy fill your heart? Do you bless the LORD?
- v. 13-18 – The LORD knows we exist in frail and fragile bodies, and He has compassion on each of us. Verses 17 & 18 provide specific instruction for how we are to respond to the LORD's loving kindness. How is the Holy Spirit prompting you now to respond to the LORD? How will you respond?

