

Gamma 26

Study 3

PSALM 103

1. Psalm 103 opens with “Bless the Lord, O my soul”. What does it mean for us to “bless God since God needs nothing and owns everything?

To “bless” the Lord means to remember all the good things God has done and to praise His name for them, this includes:-

- Remembering all God has given (v2)
- Praising God for forgiving our sins (v3a)
- Thanking God for healing us in sickness (v3b)
- Remembering God who redeemed us from sin and destruction (v4a)
- Glorifying God for His steadfast love and mercy (v4b)
- Acknowledging God who satisfies our needs and renews us daily (v5)

2. Why does David speak to his own soul to bless the Lord?

David’s words show that blessing the Lord is not just outward thanksgiving or praise with our lips, but a call for the whole person to join in worship. He urges his mind, heart, and spirit to remember all God’s works and respond in wholehearted praise. Jesus affirms this in Matthew 22:37, commanding us to love the Lord with all our heart, soul, and mind. True praise involves our entire being, not just actions or emotions.

3. In Psalm 103:2, David urges his soul to “forget not all His benefits.” What does this kind of remembering involve? Is it just mental recall, or does it call for something deeper in how we live and worship?

To “remember” God’s works is more than simply recalling facts. It means bringing God’s past faithfulness into our present trust and obedience.

“Not forgetting” means keeping His mercy, forgiveness, and steadfast love at the forefront of our hearts so they shape our attitudes, decisions, and worship.

“Forgetting,” in biblical terms, often means living as though God’s goodness and commands have no bearing on us, attributing His blessings to ourselves (Deuteronomy 8:11-18).

- 4. Reflection. What are some specific ways God has shown you mercy, forgiveness, or steadfast love?**

Do you remember these during times of pain, trials, or suffering?

How can recalling these truths shape your attitude or actions this week?

- 5. Verses 6-8 describe God as righteous, just, and full of compassion. How can God be both perfectly just and yet deeply compassionate and merciful at the same time?**

God's righteousness and justice mean that He cannot ignore sin or allow wrongdoing to go unpunished. His holiness demands that justice be upheld. At the same time, God is compassionate and merciful, slow to anger, and eager to forgive. These attributes do not contradict but perfectly complement each other because God's justice is carried out through mercy.

In Christ, this is shown clearly: Jesus bore the punishment we deserved, satisfying God's justice, while God offers us forgiveness and new life through mercy. Thus, God's justice is not harshness without love, nor is His mercy a dismissal of holiness. Instead, God's perfect character ensures that both justice and mercy coexist in harmony, demonstrating His holiness and love.

- 6. Verses 10–16 describe God's mercy, forgiveness, and compassionate care, even comparing His compassion to that of a father for his children. How do these verses shape your understanding of God's personal love and patience towards us?**

These verses reveal that God's mercy is both vast and deeply personal. His forgiveness extends as far as the east is from the west, showing an infinite and complete removal of our sins. At the same time, God's compassion is tender and fatherly, understanding our human frailty and weaknesses. Like a loving father who knows and cares for his children intimately, God is patient and slow to anger. This teaches us that God is not only infinitely merciful but also intimately aware of our struggles, offering steadfast love and patience that never runs out.

7. **Verses 17–18 say that the Lord’s steadfast love is from everlasting to everlasting for those who fear Him, and His righteousness extends to their children and grandchildren who keep His covenant. How do these verses help us understand the balance between God’s mercy and justice?**

These verses show that God’s mercy and justice are not opposed but held together in His covenant faithfulness. God’s steadfast love is eternal and extends to those who revere Him and live in obedience to His covenant. His forgiveness is not arbitrary but rooted in a relationship with Him. His justice is fulfilled as His people respond in faith and obedience (v.18:- “to those who keep His covenant and remember to do His commandments”), showing that God’s mercy is intertwined with covenant faithfulness. This helps us see that God’s character is perfectly balanced - merciful yet just, loving yet righteous.

8. **Psalm 103:19-22 describes God’s sovereign rule over all creation and calls all angels and works of God to bless Him. What does this passage teach us about God’s character and His relationship with creation?**

This passage teaches that God reigns supremely from His heavenly throne, exercising absolute authority over everything. The call for all angels and creation to worship Him highlights His unmatched worthiness and glory. It shows that God is sovereign, just, and deserving of universal praise. It also reveals that God’s relationship with creation is one of authority, yet inviting all beings to participate in worship, reflecting His majesty and sustaining power.

9. **Reflection Question. Knowing that God is the sovereign King whom all creation is called to worship, what can we do to live in a way that honours His authority and reflects His majesty?**

Takeaway

Psalm 103 calls us to bless and praise the Lord for His forgiveness, healing, and steadfast love with our entire being. It reveals God’s unwavering justice matched with his infinite compassion and faithfulness across generations. As we remember His goodness, we are invited to respond with joyful worship, trust, and obedience, joining all creation in praising our gracious and mighty Creator.