

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

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?**
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?**
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.