

COMMUNITY BIBLE CHURCH
PSALMS-LESSON 20
WEEK OF FEBRUARY 15–FEBRUARY 20
PSALM 103
BLESS THE LORD, O MY SOUL

Psalm 103 is a psalm of pure praise; there is no lament, no request, no plea as in so many of the Psalms. This psalm of David is a wholehearted expression of praise of Jehovah for His forgiveness, redemption, mercy, compassion and many benefits enjoyed by His redeemed. David is preaching a message to himself (a soliloquy, or speaking to himself) to remind himself to be grateful for all that God has done.

“John Stott wrote of this psalm, ‘We have here the authentic utterance of a redeemed child of God, who piles up words to express his gratitude to the God of grace.’ [Psalms Vol. 2](#), James Montgomery Boice, pg 832.

Psalm 103 begins with a rousing exhortation and call to “*Bless the Lord, O my soul.*” It begins with David individually blessing the Lord with all his soul and concludes with a call to the angels, heavenly host and all of creation to join in that praise to God. David concludes just as he started this psalm, “*Bless the Lord, O my soul.*”

In this psalm, we are commanded to remember all of God’s benefits. As you study and meditate upon His great blessings of forgiveness, compassion and lovingkindness, pray that you will bless and praise the Lord with all your heart, soul, mind and strength throughout each and every moment of every day He gives you.

Read Psalm 103:1-5 Call to Personal Praise

1. In **verse 1**, how should your soul be engaged in blessing or praising the Lord? Read also **Duet. 6:5** to express our focus on praise of the Lord. What does this say about superficial ritualistic or half-hearted expression of praise to the Lord?

“*Bless His holy name*”. The reference to “name signifies His nature and actions and the attribute “holy” summarizes the uniqueness of everything about Him.” [The Psalms](#), Allen P. Ross, pg. 232.

2. How does David exhort us in our praise of the Lord in **verse 2**?
3. In **verses 3-5**, David reminds us of those benefits granted to the redeemed that we are “*to forget not*”. From **verse 3a**, what is the benefit provided by the Lord that David mentions first? Why is that significant?
4. In **verse 3b**, what is the blessing of the redeemed? How does **Romans 8:23** help to understand **verse 3b**?

“Parallel to forgiveness (**vs. 3a**) is healing (**vs 3b**). Theologically we might ask, Is there always forgiveness of sin? Yes. But then is there always healing of diseases? Not always - at least not automatically and perhaps not in this life”... “[S]uffering with disease can actually deepen the relationship, which is why God may not heal immediately. [The Psalms, Vol. 3](#), Allen P. Ross, pg 233-234

5. What are the benefits expressed in **verses 4 and 5**?

6. How does **Ps. 23:5-6** and **Ps. 107:9** help to understand the “*good things*” (NASB) of **verse 5**?

“The eagle is used here (**vs 5b**) as a symbol of soaring strength as in **Isaiah 40:31**...the psalmist attests that whatever life may have thrown at him, he has found ever renewed strength which is enabled him to cope, and to cope successfully.” [The Vitality of Worship](#), Robert Davidson, ps. 336-337

Read Psalm 103:6-18 Call to Corporate Praise and Remembrance for His Benefits and Blessings

7. What are the Lord’s blessings and benefits in **verse 6**?

8. **Verses 7 & 8** refer to God’s revelation of Himself to Moses in **Ex. 34:6**. What is the blessing God provides to His redeemed in **verse 8**?

9. How do **verses 9 -12** elaborate on the blessings and benefits of forgiveness of sins in **verse 3a**? How does the reality of these truths cause us to praise our God?

10. The phrase, “*those who fear Him*” in **verses 11, 13 and 17** refer to His redeemed. How is the Lord’s blessing of compassion on His redeemed compared to a father with his children? How is God’s fatherly compassion for His people expressed in **verses 14-17**?

11. What is the blessing and benefit granted by the Lord to His redeemed in **verses 17 and 18**?

Read Psalm 103:19-22 Call to All Creation to Praise God for His Benefits and Blessings

12. In **verse 19**, David extols the Lord for His reign and sovereign rule over all. Who is exhorted to bless the Lord in **verses 20-22**? After this grand expression of praise, how does David conclude in **verse 22b**?

13. How are you focusing your thoughts and meditations on the truths of this Psalm so you “*forget none of His benefits*”?

14. How does this Psalm stimulate you to “*Bless the Lord O my soul and all that is within me*” with a whole-hearted devotion to the Lord?

“The forgiveness of our sins is the greatest of God’s benefits, for without this none of the other benefits matter.”
Ross, pg. 233

“Infinitely blessed Lord, favor us with this highest blessing of being forever and ever wholly engrossed in blessing You.” [The Treasury of David](#), C.H. Spurgeon, pg. 918