

**30 January 2022**

## **Thanking God for his deliverance – Psalm 103**

### **The goodness of God**

Bless the Lord, O my soul,  
and all that is within me,  
bless his holy name!  
<sup>2</sup> Bless the Lord, O my soul,  
and forget not all his benefits,  
<sup>3</sup> who forgives all your iniquity,  
who heals all your diseases,  
<sup>4</sup> who redeems your life from the pit,  
who crowns you with steadfast love and mercy,  
<sup>5</sup> who satisfies you with good  
so that your youth is renewed like the eagle's.  
<sup>6</sup> The Lord works righteousness  
and justice for all who are oppressed.  
<sup>7</sup> He made known his ways to Moses,  
his acts to the people of Israel.

*Question 1:* What does it mean to have all our iniquity forgiven? (v3)

*Question 2:* What does v3 tell us about healing?

*Question 3:* V4 spoke speaks of being lifted from a pit to a crown. How has God lifted you (a) in the past? (b) recently?

### **The greatness of his forgiveness**

<sup>8</sup> The Lord is merciful and gracious,  
slow to anger and abounding in steadfast love.  
<sup>9</sup> He will not always chide,  
nor will he keep his anger forever.  
<sup>10</sup> He does not deal with us according to our sins,  
nor repay us according to our iniquities.  
<sup>11</sup> For as high as the heavens are above the earth,  
so great is his steadfast love toward those who fear him;  
<sup>12</sup> as far as the east is from the west,  
so far does he remove our transgressions from us.  
<sup>13</sup> As a father shows compassion to his children,  
so the Lord shows compassion to those who fear him.  
<sup>14</sup> For he knows our frame;  
he remembers that we are dust.

*Question 4:* In v8 we learn that the Lord is "slow to anger". Why is that so important?

*Question 5:* Do we have an anger problem? Is this something you need to bring to God in prayer?

*Question 6:* Do we have difficulty giving or receiving forgiveness? How are they linked?

## **The glory of his eternal reward**

- <sup>15</sup> As for man, his days are like grass;  
he flourishes like a flower of the field;  
<sup>16</sup> for the wind passes over it, and it is gone,  
and its place knows it no more.  
<sup>17</sup> But the steadfast love of the Lord is from everlasting to everlasting on those who fear  
him,  
and his righteousness to children's children,  
<sup>18</sup> to those who keep his covenant  
and remember to do his commandments.  
<sup>19</sup> The Lord has established his throne in the heavens,  
and his kingdom rules over all.

- <sup>20</sup> Bless the Lord, O you his angels,  
you mighty ones who do his word,  
obeying the voice of his word!  
<sup>21</sup> Bless the Lord, all his hosts,  
his ministers, who do his will!  
<sup>22</sup> Bless the Lord, all his works,  
in all places of his dominion.

Bless the Lord, O my soul!

*Question 7:* What is the great contrast in v15-18?

*Question 8:* How does v19 give us comfort and strength to face the problems and uncertainties of the future?

*Question 9:* How best can we answer the command of v20-22?

## **Prayer**

Dear loving merciful God. Thank you for your goodness, and the unseen ways you bless this world and my life through the powerful work of your Holy Spirit. Thank you for the greatness of your forgiveness, poured out towards me, covering all my sins. Thank you for the glory of your eternal reward. So much is yet to be. Thank you for your deliverance, for the sake of your Son my Saviour Jesus Christ. **Amen.**