

The Psalms:
SONGS TO KEEP YOUR LIFE IN TUNE

A Reminder to Remember

Psalm 103



MESSAGE GUIDE
AUGUST 23, 2020



A Reminder to Remember

Today's Message (23 August 2020) / *Psalm 103*

REMEMBER
WHO GOD IS
AND WHAT
HE HAS
DONE FOR
YOU, AND
WORSHIP
HIM.

Do you ever “feel” like not praising God? Do you ever get so discouraged that you’ve lost your joy? Do you ever get so low that you don’t want to go to church? Do you ever get so downcast that you cannot even sing the hymns and worship songs?

Maybe that is where you find yourself. Yet the more we know of God, the more we will praise Him. The key to having a constant devotion to God is to be always growing in the knowledge of God. To know God is to love Him. This whole psalm tells us to remember who God is and what He has done for us, and to worship Him for that. Nothing will help you get over those difficult times better:

1. REMEMBER THE MERCIES OF GOD (vv. 1-5)

- No matter how difficult your life's journey, you can always count your blessings—past, present, and future. When you feel as though you have nothing for which to praise God, read this list!
 - ✓ When we ask God, we get forgiveness now (1 JOHN 1:8-9), but we may not get suffering removed now (2 CORINTHIANS 12:8-9; 2 SAMUEL 12:13-23). That is because while sin always blocks our relationship with God, suffering can deepen it.
 - ✓ Since it is mentioned in parallel with forgiveness, “heals all your diseases” can be a metaphor for restoring moral and spiritual life (ISAIAH 6:10; 53:5; JEREMIAH 3:22; HOSEA 14:4). Sin is like a disease which weakens and corrupts. It is God’s mercy that heals us.

2. REMEMBER THE COMPASSION OF GOD (vv. 6-18)

- Using Israel’s history as illustration (VV. 6-10), King David reminds the listeners then, and

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believers today, that God has never changed: His default at heart is to show compassion. And that compassion is first experienced as His incredible forgiveness!

- God's desire toward us is to be Father, not judge (JOHN 3:17). But those who willfully reject His offer of love set themselves up for eternal judgment (JOHN 3:18-21). No one who lands in hell can ever blame God for landing there (JOHN 8:24).
- Remember this: "But the steadfast love of the LORD is from everlasting to everlasting on those who fear Him, and His righteousness to children's children" (PSALM 103:17).

2. JOIN THE WORSHIP OF GOD (vv. 19-22)

- If the previous verses established the merciful and compassionate father heart of God, these final verses (VV. 19-22) now remind us of this: Your God is King, your Father reigns!
- When you worship and praise God, you are never alone. There is ongoing worship that has never stopped from eternity past, and will continue till the eternal future (ISAIAH 6:1-4, JOHN 12:41). The only question is, will you be part of that joyful group, or will you be part of that much bigger crowd cursing God forever, from a place of unending torment?

FINAL THOUGHTS

Remember who God is and what He has done for you, and worship Him. The same God who sustained you in the past and preserves you in the present, has already secured your future.

Because "This is the day that the LORD has made; let us rejoice and be glad in it!" (PSALM 118:24) ■

DISCUSSION QUESTIONS

1. How would you answer a Christian who claims that Psalm 103:3 promises physical healing to every Christian?
2. How does the teaching that "we must always see ourselves worthy" undercut basic biblical truth?
3. Pray together as a group/family, asking God to make you remember the Lord's steadfast love in both good and seemingly bad times, and to weather them as you place your trust in the mercy and compassion of God.

BELONGING TO INTIMATELY WORSHIP GOD TOGETHER

Oftentimes, we express our worship directly to God through songs of praise, thanksgiving testimony, and prayer. Such major elements of worship ought not be traditionally reserved alone for the large Sunday celebration called "worship service." They should also be done in a small group since worship in that venue complements worship in a big group. The singing, sharing of testimonies, and supplication in a small gathering can be less structured and be more intimate and interactive. The coziness created by the smaller space and the spontaneity afforded by the more flexible structure makes it conducive to easily open to God in worship as one is open to one another in a relationship.

Having a worshipful life in private with God makes a worshiper ready for worship in public, and having a worshipful life in a smaller public prepares a worshiper for worship in a bigger public, that makes the Sunday service truly a celebration.

So the two-fold purpose of worship in a small group meeting, as in Sunday service, is simply to celebrate and connect us to God. Besides singing, this may include sharing of praise and prayer items and reading of Scripture together. The important thing is that we recognize and welcome the presence of Christ among us. Although this part of a small group gathering is usually done very simply and briefly, it is extremely important. They are not optional or something that we can do without.

Therefore, we are missing a lot by not being a part of a small group. We need a

spiritual family where we can also share our private worship or hear from others about their intimate moments with God and then be blessed by it. Don't miss out by belonging now to a small group where we can intimately worship God together!

ONLINE SMALL GROUP MEETINGS STATUS REPORT

The Disciple-making Group (DMG) Ministry praises the Lord for the 183 small groups that He has given us this year! These groups include the following: Growth Groups (GGs), Youth Groups (Y-Grps), Accountability Groups (AGs), and Outreach Bible Studies (OBS) formed within our demographical and geographical DMGs. Of the 183 small groups reported, 164 of them are currently meeting online. There are six small groups plugged-in to other groups; while five groups are yet to be assisted by DMG shepherds as they resume in their virtual meetings. We also have six small groups that are still incapable to meet primarily due to conflict in schedule.

Our next plan for the second semester is to conduct a follow-up among the 50% of our 1,000 GCF members that don't belong yet to small groups. Despite the pandemic crisis, the DMG Leads will continue to play their shepherding role of looking after the spiritual welfare of these people by feeding, leading, and caring for them on a one-on-one basis and as a small group through various online ministries. As they are developed into *maturing and multiplying disciple-makers*, pray that potential new small group leaders would be trained among them and then new small groups would be formed ■

THE CHURCH ONLINE

GROWING TOGETHER IN LIFE OF WORSHIP TO GOD

August 26 (Wed), 6:30 p.m., on GCF Facebook Page

A STEADY MIND IS A HEALTHY MIND (MEN'S FELLOWSHIP)

August 29 (Sat), 5:00-7:00 p.m., on Zoom. Contact 0917 632 1921 for details.

REMINDERS OF GOD'S CARE AND FAITHFULNESS

Mondays and Fridays, 7:00 p.m., GCF Facebook Page

LIVestream (GCF Youth LIVE Worship)

Saturdays, 5:00 p.m. on youtube.com/user/gcfyouthlive

KIDS' L.I.F.E. ONLINE SUNDAY SCHOOL

Uploaded every Sunday, 1:00 p.m. on youtube.com/user/gcfmain

WORSHIP THROUGH GIVING

For offerings during this time, please consider the following options:

BANK DEPOSIT OR TRANSFER

Account Name: Greenhills Christian Fellowship, Inc.

- **BDO** (BDO Corporate Center Branch) • **GCash (L) and PayMaya (R)**
Savings Account 000661590216
(Scan QR code below)
- **China Bank** (Ortigas ADB Branch)
Savings Account 1112-02006218
- **UnionBank** (UB Plaza Branch)
Checking Account 0005-9001-0426
- **Robinsons Bank** (Main Office Branch)
Savings Account 1000-3010-0017-355
- **Metrobank** (Ortigas Sapphire Branch)
Savings Account 629-3-62919733-9



CREDIT/DEBIT CARD THROUGH PAYPAL

Please visit www.gcf.org.ph/give for instructions.

Please email a copy of your transaction document to finance@gcf.org.ph so your giving can be properly recorded and an official receipt can be sent to you.

COVID-19 EMERGENCY RESPONSE EFFORTS

You may also designate your giving to our church's efforts to help frontliners and the vulnerable. Just indicate "For COVID-19 fund" when you email your transaction document ■



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