

Messages From the Psalms IV: Forgiving God – Psalm 103

January 8, 2019

First Things First

- The soul is the term used for the very essence of who a person is.
- There are seven Hebrews words for praise: *Halel* (the root word for Hallelujah) means to boast; *Yadah* means to extend your hand; *Towdah* means to lift up your hands in thanksgiving; *Shabach* means to shout; *Barak* means to kneel down and bless; *Zamar* means to make music with instruments; *Tehillah* comes from Halel is means to sing the Halels.

Going Deep

- 1) Today's lesson opens with a three-fold call for us to "bless" or "praise" God with all that is within us. The word translated as "bless" or "praise" in verses 1-2 is the Hebrew word, *barak* which suggests a worshipful stance before God. How might someone bless/praise God with all that they are?

- 2) David connects blessing of God to a command for us to remember every beneficial thing that God has done. Why might forgetting the benefits that we receive from God affect our ability to show God the praise and honor that God deserves?

- 3) What parts of today's lesson remind you that God is a forgiving God?

Messages From the Psalms IV: Forgiving God – Psalm 103

- 4) David keeps reminding us that God is faithful even when we are not faithful. There are two possible explanations for this. David could be giving us an excuse to continue being unfaithful or he could be encouraging us to pattern ourselves after God. Which do you believe David is doing and why?

- 5) David ends today's lesson with a call for several different groups to bless/praise the Lord and highlights how most of those groups are connected to God. What is the advantage of highlighting how people are connected to God when you're inviting them to praise and worship God with you?
