



Psalm 103 is a God-aligned, Christ-exalting song. If you, like David, long to experience overflowing worship daily, call on your soul to refocus on God's benefits and glorious attributes. This devotional is the third in a series that focuses on God's abundant grace rather than life's challenges.

## Day 1: How Great is Our God!

On days two to ten we will meditate on Psalm 103 section by section. For this first day please read the whole psalm (all 22 verses, one composed for each letter of the Hebrew alphabet). Read it slowly, meditatively, and preferably out loud, highlighting words or phrases that intersect with your life at present. As you do, note:

- The expanding circles of blessing: personal (vv.1-5), national (vv. 6-18), universal (vv. 19-22).
- The glorious truths this psalm teaches us about God.
- David's revelations about himself and God's people.

Psalm 103 is exceptional because it focuses on Yahweh. Unlike many of David's psalms, it doesn't dwell on his good times or hard times and makes no reference to his enemies. Instead, it magnifies God's character and his blessings. Over the next nine days, rather than focusing on the wind and the waves of your circumstances, focus instead on Jesus, the all-powerful Lord of the turbulent elements.

David's invitation in this Psalm is to take our eyes off our insufficiencies and lock them onto God's all-sufficiency. To stop being obsessed with our burdens and start recounting God's unbelievable blessings.

The psalms were the song book of God's people. They sang them personally, and often in procession.

Maybe you'll feel like bursting into song as you read verse one?

***Bless the Lord O my soul and all that is within me, bless his holy Name.***

How about accessing one of the hundreds of hymns and songs based on this worshipful psalm? Here's the first verse of one such hymn written by Henry Lyte (1834):

"Praise, my soul, the King of heaven; to his feet thy tribute bring. Ransomed, healed, restored, forgiven, evermore his praises sing. Praise him, praise him! Praise the everlasting King!"

As you read this psalm, say it out loud, sing it, or turn the different sections into prayers, pause to ask what the Holy Spirit is saying to you. Record your thoughts, and above all, bless the LORD.

What is your response to these 22 verses? Charles Spurgeon, once dubbed The Prince of Preachers in 19<sup>th</sup> Century England, responded to Psalm 103 in this way: “Let others murmur, but you **ble**ss. Let others bless themselves and their idols, but you bless *the LORD*. Let others use only their tongues, but as for me I will cry, “Bless the LORD O my soul, and all that is within me, bless his holy name.” Our many faculties, emotions, and capabilities have all been given to us by God. Let us then employ them all in a chorus of praise to him. Half-hearted, ill-conceived, unintelligent praises are not such as we should render to our loving Lord.”

If your soul is struggling to respond to God in praise at present, address it with these words:

“Soul, count your many blessings, and as you do, get on and bless the LORD.”

**Reflect:**

- Which verses or phrases in Psalm 103 met you at a point of need today? Why?

**Practice:**

- Access and listen to (maybe sing) two or three songs that are based on parts of Psalm 103.
- Invite a friend to interact with you as you meditate on this psalm. Consider using the “Talk it Over” feature in YouVersion plans.

**Pray:**

Gracious LORD, I needed this psalm. I long to experience overflowing worship. These words are mine today. *Bless the LORD O my soul!* I confess that I often neglect to count these amazing blessings. Your forgiveness, your healing touch, your redemption, your endless love ignite my soul again today. Amen

## Day 2: Soul Talk

***Bless the LORD O my soul, and all that is within me, bless his holy name!***

Psalm 103:1

What should we do if the fire of our worship is little more than a flickering flame? Psalm 103 reminds us to grab hold of our tepid thoughts and recount God's abundant blessings.

***Bless the LORD O my soul ...***

The psalmist is talking to himself, not listening to himself. He's calling on his soul to wake up and worship. It's a call to the enthusiastic praise of Yahweh. It's as if he's rousing himself and shaking off any negative or distracted thoughts. Can you relate to that? I can. In a worship gathering, I find it easy to critique the music or lyrics instead of experiencing overflowing worship.

***Bless the LORD ...***

This is the refrain repeatedly in this song, v. 1, 2, 20, 21, 22 (twice). Praise, thank, honor, worship him. Say or sing great things about Yahweh. ***Bless*** is a word for praise with the flavor of gratitude. It implies that we will kneel before God. Our soul is engaged but our body responds.

***O my soul ...***

There's a hint of disappointment here as David addresses his soul. He is calling on his inner being to praise God. He's prodding his soul to break out in worship. Soul talk is the right thing to do when we are spiritually apathetic, but also when we are mildly or deeply depressed. That's what Korah's sons did. They asked themselves *Why are you cast down, O my soul, and why are you at turmoil within me* (Psalm 42:5)?

If we listen to ourselves, in all our brokenness, all we may hear are negative despairing cries, or half-hearted attempts at worship. But when we speak to our inner being, reminding ourselves of God's grace and his untold blessings, we break out in overflowing worship.

### ***All that is within me ...***

With every fiber of my being. Not just superficial worship, but wholehearted praise. David is waking himself up to bless the holy name of the Lord. This first verse in Psalm 103 implies that David is not there yet. He's way short of 100 percent. But he doesn't leave it there. He reignites his cold soul.

Worship is first recognizing and then responding to God's supreme worthiness. It is declaring, by word or action, what we know to be true about him. "Soul, give Yahweh all he's worth," is the psalmist's heart cry.

I find Psalm 103:1 really challenging yet encouraging. Firstly, because like David, when it comes to a life of passionate praise, I'm not there either. Secondly, because it activates me today to call out to my soul, "It's about time to bless the Lord with everything you've got. He is worthy of it all!"

### ***Bless his holy name!***

Yahweh's name is inherently holy—unique and completely pure. David is calling on his inner being to do what Psalm 99:5 declares: *Exalt the LORD our God; worship at his footstool! Holy is he!*

### **Reflect:**

- Why did David have to urge his soul to bless the LORD?
- If you also need to do the same, how might this call become a daily habit?

### **Practice:**

- When the flame of your worship is flickering, recite Psalm 103:1 again and again.

### **Pray:**

Holy LORD, these words are not just about the psalmist, they are my heart's cry today. Restore my soul daily to overflow with joyful worship. Amen.

## Day 3: God's Abundant 'Benefits'

***Bless the LORD, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy, who satisfies you with good so that your youth is renewed like the eagle's.***

Psalm 103:2-5

David calls out to his forgetful soul to remember God's benefits.

***Bless the LORD, O my soul, and forget not all his benefits ...***

"Soul," he calls, "stop being so forgetful, so ungrateful for all the blessings which Yahweh has showered you with!" Then he catalogues God's benefits in a fivefold chain of grace.

Old Testament scholar, Alec Motyer, translates verse 3 as; "My soul, bless Yahweh, and do not forget all his sufficiencies." I love that! Yahweh is completely sufficient to meet any real need that I have.

Pause and reflect on each of these five benefits (or divine sufficiencies):

**The benefit of forgiveness.** God is abundantly sufficient for that. He has dealt decisively with your sins through Christ's death for you.

**The benefit of healing.** Jesus is the all-sufficient Healer.

**The benefit of assurance** that when you die you will be delivered from the pit. The Lord Jesus is more than sufficient. His redemption is based on the shedding of his blood.

**The benefit of his love and mercy** that will never let you go. His love is loyal and forever.

**The benefit of renewal.** Do you feel weary, and wonder how (or even if) you will make it? His grace is all sufficient. God will renew and restore you.

This amazing psalm focuses on God's character. The psalmist is exhorting his soul to focus on Yahweh's sufficiency, and the magnificent benefits he bestows.

**... forget not ...**

This negative command captures one of the main reasons why we need to engage in soul talk. How easy it is to forget the many reasons we have for praising God. "Remember how blessed you are," he reminds himself. The gospel song expresses it this way; "Count your many blessings, name them one by one, and it will surprise you what the Lord has done."

What are some practices you've developed to make sure you're not taking God for granted? One such practice which I have found to be significant is participation in the Lord's Supper. This brings to my mind Christ's death and resurrection and my anticipation of his coming. Writing prayer requests in my journal and regularly recording answers is another. Keeping a gratitude journal is a habit that synchronizes with Psalm 103:3-5.

**... all his benefits ...** Four times the word "all" is used in the first five verses, and another four in verses 19-22.

- *all that is within me*
- *all his benefits*
- *all your sins*
- *all your diseases*
- *his kingdom rules over all*
- *all his hosts*
- *all his works*
- *in all places*

David encourages his soul to hold nothing back, because God's blessings are so comprehensive.

How is it with you today? Have the stresses of life taken the edge off your devotional times? Has hurry sickness given you a case of 'unspiritual' amnesia? Have life's distractions so dampened your soul that you can only crank up a whimper of worship?

In Revelation chapter two and three, John describes how Jesus moved around seven representative churches in Asia minor then wrote each church a letter. In his letter to the first church he visited, and the seventh church, the issue was half-heartedness. The church at Ephesus had left their first love, and the one in Laodicea had lukewarm worship. The remedy in both cases was for people to ‘remember,’ and repent.

**Reflect:**

- Which of the five benefits mentioned in vv. 3-5 is the most meaningful to you today? Why?

**Practice:**

- Write out (or say) a prayer response to each of the five benefits.
- Consider keeping a gratitude journal.

**Pray:**

All-sufficient Lord, I’m so prone to forget how blessed I really am. I confess my tendency to focus on the things I don’t have, rather than on the blessings I do have. Today I’m rejoicing in your forgiveness, healing, redemption, faithful love, and renewal. Work in my heart by your Spirit, so that I may become satisfied in you. Amen.

## Day 4: Forgiven and Healed

**... who forgives all your iniquity, who heals all your diseases,**

Psalm 103:3

**... who forgives all your iniquity.**

In King David's life, forgiveness for **all** his sins must have been a benefit above all benefits. 2 Samuel 11:1-27 records the dark stain of David's adultery, murder and deception. It seems that it was at least nine months before he confessed his horrendous sins to God. Thankfully, his courageous mentor-friend, Nathan, confronted David, resulting in his confession and repentance.

Here's how David described his confession: *I acknowledged my sin to you, and I did not cover my iniquity; I said, I will confess my transgressions to the Lord, and you forgave the iniquity of my sin.* (Psalm 32:5). Notice the three words for sin that David uses for sin in Psalm 103. The word *transgressions* denote the idea of crossing over a forbidden boundary. *Iniquity* describes David's corruption; it is an expression of his fallenness. *Sin* means to miss the mark or fall short of the target.

**All** of us, wrote Paul in Romans 3:23, *have sinned and fallen short of the glory of God.* David had massively crossed the line, demonstrated the deceitfulness of his heart, and fallen ignominiously short of God's glory. He would have every right to ask God, "Have you forgiven **all** my sin?" The answer is found in Psalm 103:7-14. Our sins are completely forgiven because God is so compassionate and gracious. Our sins are not just removed, they are forgotten. Forever. Imagine what this meant to King David.

Today take a few moments to look back and think of the enormous mountain of your sin, then reflect on this supreme benefit: all your sins are forgiven. If there's one thing that should activate our souls to enthusiastic worship, this is it. Abundant grace indeed. The main theme of Psalm 103 is God's abundant forgiveness. We will look more closely at this theme on Day 7 when we meditate on verses 6-17.

**... who heals all your diseases.**

When are all the diseases of God's redeemed community completely healed? All of them? When will there not be one sign of disease anywhere? Ultimately it will be in the new heavens and the new earth, where the Apostle John says, there are no tears, no funerals, no mourning, and not a soul in pain. (Revelation 21:1-4).

Until then, we come into the good of that ultimate healing, partially. When our 3-month-old son contracted pneumococcal meningitis, we prayed, and asked God's people to pray for his healing. Our physician said, "If he recovers, he will be like a vegetable (his words)." He was miraculously healed. Completely. We rejoiced. But just two months later he died of a sudden Infant Cot Death. Now, in heaven, he has come into the good of Psalm 103:3. Forever!

In *Follow the Healer*, Stephen Seamands helpfully suggests that there are five ways that Jesus heals today: sometimes directly and supernaturally; through doctors and medicine; through the human body's healing power; by bestowing grace in suffering; and through what he calls 'victorious dying', when we cross from this life into God's presence eternally. When we get sick, it's natural, and utterly appropriate, to call out humbly and trustingly to Jesus the Healer. Every divine healing is a cause for gratitude, until that glorious day when Psalm 103:3 is fully realized.

**Reflect:**

- What is the relationship between forgiveness and healing?
- How do you relate to Stephen Seamands' outline of the five ways in which Jesus heals today?

**Practice:**

- Consider accessing the devotional: "3 Questions to Start the Day: Matthew 5:3-5" as a way of practicing Psalm 103:3.

**Pray:** All-compassionate Lord, I'm bringing Psalm 32 verse 5 to you today. I acknowledge the following sins and am not covering any of them up. I'm confessing these transgressions to you and claim the forgiveness that is mine in Christ. You know where I need your healing touch today. I trust you fully, Lord. Amen

## Day 5: Redeemed, Crowned & Satisfied

**... who redeems your life from the pit, who crowns you with steadfast love and mercy; who satisfies you with good so that your youth is renewed like the eagle's.** Psalm 103:4-5

**... who redeems your life from the pit ....**

What is the **pit** to which David is referring here? It is most likely the ultimate pit. The pit of death. This enemy stalks us all, as can be seen so graphically in Genesis chapter five. Even for those who lived incredibly long lives: Adam (930 years), Seth (912), Enosh (905), Kenan (910), Mahalalel (895) Jared (962), Methuselah (969), Lamech (a mere 777) the refrain that is repeated every time, over-and- over is: **and he died**.

Or maybe David is describing deliverances from scrapes with death? On that score I've personally been "redeemed" many times.

This verse describes deliverance from the bondage pit of sin and death. However, there can be many other pits along life's way—such as addictions, abuse, lust or greed. Have you experienced redemption from these "pit-like" enslavements? These enemies, along with the ultimate enemy, have been defeated because of Christ's death and resurrection. We can join Paul in declaring, *oh death, where is your victory? O death, where is your sting? The sting of death is sin, and the power of sin is the law. But thanks be to God, who gives us the victory through our Lord Jesus Christ.* (1 Corinthians 15:55-58).

**... who crowns you with steadfast love and mercy ...**

Here is more evidence of abundant grace: we are given honor and dignity. Crowned, not with earthly bejeweled crowns, but with God's endless love and mercy.

**who satisfies you with good so that your youth is renewed like the eagles.**

God's grace is so full that he satisfies us with good things. To what extent is this true of you today? If you are discontented, join with Moses in praying for this: *Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all our days* (Psalm 90:14). Ask God to satisfy you with himself.

As you do, meditate on John Piper's timeless words: "God is most glorified in us, when we are most satisfied in him." Piper calls human beings, "desire factories" and he defines the word 'satisfy' as "a filling up of God-given, God-shaped desires."

The result of a satisfied soul is that our ***youth is renewed like the eagles***. We discover inner strength, even when our bodily energy is waning (2 Corinthians 4:16). As we wait on the LORD for strength, we are infused with all the energy we need to fulfill his purposes for us (Isaiah 40:31). We are lifted up because our souls are satisfied by the blessings and the Bless-er.

Let's bless, worship and praise the LORD for who he is, and for his incredible blessings!

**Reflect:**

- What are some of the pit-like experiences from which you have been rescued?
- These verses speak of being *satisfied* with good things. Does that describe you at present? Why or why not?

**Practice:**

- Meet with a friend (online or in person) to share what you have learned from these verses.

**Pray:**

Loving LORD, it's only because of your grace that I'm redeemed, crowned, and satisfied! Bless the Lord, Oh my soul! With every fiber in my being, I bless your holy Name. Amen

## Day 6: God's Heart for the Oppressed

***The LORD works righteousness and justice for all who are oppressed ...***

Psalm 103:6

Our covenant-keeping God is righteous. He will always do what is right for those who are oppressed.

Isaiah 42:1-4, a Messianic song, says that Jesus will bring justice to the nations and not rest until justice is realized. The people that he would minister to would be like *bruised reeds* (damaged goods) and *smoldering wicks* (about to be snuffed out), in other words, broken and hurting people.

Wherever Jesus went, his heart and ministry was toward oppressed members of society. In Mark chapter one, Jesus proclaimed the good news that the kingdom of God had come near. People were to repent and believe the gospel. Mark records that Jesus ministered to the broken-down members of that society: a demon oppressed man, many sick folks, a leper, a paralyzed man. Not only did he choose as his disciple Levi, a tax collector, but he also socialized with sinners (probably prostitutes). He touched the untouchables, loved the unlovable, and approached the unapproachable.

Would you consider yourself to be in harmony with the heart of the Lord Jesus for oppressed people?

The choice is not between the gospel and compassion. It is not either-or. It is both-and. Both declaring the message of faith alone in Christ alone, and, as a natural outflow, showing compassion to those in greatest need. Both doing good deeds and proclaiming the good news. Both loving the lost and caring for the least.

### **Reflect:**

- The Pharisees accused Jesus of welcoming sinners and eating with them (Luke 15:1-2). Has anyone said something like that about you? Why or why not?

**Practice:**

What are some steps you could take to harmonize with the heart of God for the poor and oppressed?

**Pray:**

Lord Jesus, I long to have your heart for those that are lost and without hope, and your heart of compassion for the neediest people I meet. Give me wisdom to know how to apply this, a passion to share the good news, and courage to do so. Lead me to the least, the lost and the lowest people around me. Love them through me I pray. Amen.

## Day 7: Who Are You, LORD?

Psalm 103:8 redirects us from a self-focus to a God-focus. It's an invitation to meditate on God's glorious attributes.

***The LORD is merciful and gracious, slow to anger and abounding in steadfast love.***

This direct quotation from Exodus 34:6 is Yahweh's self-revelation. Here Yahweh unfurls his true nature.

... ***merciful*** ... He is full to overflowing with compassion. He withholds what we deserve: his wrath.

... ***gracious*** ... His grace flows endlessly, his undeserved kindness cascades down upon us. Such grace! As Philip Yancey puts it: "It's the most powerful force in the universe, our only hope for love and forgiveness, and a foretaste of eternal life: amazing, radical, life-changing grace."

... ***slow to anger*** ... Yahweh must be provoked to anger; never provoked to love. He is unrelentingly patient with sin-sick humanity.

... ***and abounding in steadfast love.***

Take a moment to revel in God's *Hesed* (steadfast love). This word that dominates the psalms (127 times) is rich. It conveys lovingkindness, loyal love, unfailing love, relentless love, enduring love, generous love, covenant love and much more. This love will not let you go.

In *Inexpressible*, Michael Card's working definition of "Hesed" (steadfast love) is, "When the person from whom I have a right to expect nothing gives me everything."<sup>1</sup> Not only do we deserve nothing, we expect God's judgment. But this is where grace abounds. God is slow to anger.

From God's mercy we receive abundant forgiveness; from his grace we receive his eternal favor; from his long-suffering we rejoice in his patience; from his *Hesed* he gives us unfailing kindness.<sup>2</sup>

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<sup>1</sup> Michael Card, *Inexpressible: Hesed and the Mystery of God's Lovingkindness*, InterVarsity Press, 2018, 5.

<sup>2</sup> Richard Phillips, *Psalms 73-106*, P&R Publishing, Phillipsburg, NJ, 2020, 386.

Does your soul leap with overflowing worship as you meditate on these Divine attributes? Are you blessing the LORD?

**Reflect:**

- What is your heart response to God's self-revelation in Psalm 103:8?
- Evaluate your responses to those around you, as you reflect on God's responses to fallen humanity. Are you merciful? Gracious? Slow to anger? Abounding in love?

**Practice:**

- Write out or say a prayer as a response to each one of God's attributes in this verse.

**Pray:**

Lord Jesus, I'm in awe of your mercy and grace and patience and endless love. Make me more like you as I interact with people this week. Amen

## Day 8: What Sin?

***For as high as the heavens are above the earth, so great is his steadfast love toward those that fear him. As far as the East is from the West, so far does he remove our transgressions from us.***

Psalm 103:11-12

Are you overwhelmed at times with the thought of your sinful heart? Do you get disappointed in yourself as you deal with your lustful thoughts? King David was. Psalms 32 and 51 spill over with a sense of human brokenness. His sin was never far from his mind. It was, as he said, *always before him* (Psalm 51:3).

After seven decades of following Jesus, Psalm 103:11-12 settles my sin-laden soul. The Accuser takes fiendish pleasure in reminding me of sins of the past and present. “Forgiven then,” he sneers. “What about now?” My answers seem puerile and weak. But then I remember how our Savior repulsed the darts of the Evil One while in the wilderness. He quoted Scripture.

Time after time I’ve quoted verse 12 out loud to repulse the Enemy: ... *as far as the east is from the west, so far has he removed my transgressions from me.*

At other times I sing Morgan Cryer’s song, “What Sin?": And I cried out for mercy back then / I plead the blood of Jesus/ Begged Him to forgive my sin / But I still can't forget it / It just won't go away. / So, I wept again, "Lord, wash my sin" / But this is all He'd say: / What sin, what sin? / Well, that's as far away as the east is from the west ...”

Maybe this is what it means to practice Beatitude #2? *Blessed are they that mourn, for they shall be comforted.* It is time to confess and mourn over your sin. There are truckloads of comfort available, as Psalm 103:13 attests:

***As a father shows compassion to his children, so the LORD shows compassion to those who fear him. For he knows our frame, he remembers that we are dust.***

Every time I read these words, I start humming Henry Lyte’s hymn: “Fatherlike he tends and spares us; / well our feeble frame he knows; / in his hands he gently bears us, / rescues us from all our foes.”

Our Heavenly Father is infinitely kind. He knows all about you—how frail you really are - and he loves you still. He knows that you *fear* him, that you are in awe of his holy and irrepressible love.

Meditate on Philip Yancey’s reassuring words about God’s forgiving grace: “It’s the most powerful force in the universe, our only hope for love and forgiveness, and a foretaste of eternal life: amazing, radical, life-changing grace.”

**Reflect:**

- How do you deal with past sins that your conscience, and the Evil One reminds you about?
- What does Matthew 5:27-30 teach us about how to deal with ongoing sin?

**Practice:**

- Memorize Psalm 103:11-12

**Pray:**

Loving Lord, I’m resting in your finished work on the Cross and claiming that on that basis, all my sins have been forgiven. To know that you have removed my sins as far as the East is from the West, and remembers them no more, fills me with deep gratitude. It also motivates me to be as holy as a ransomed sinner can be. Amen.

## Day 9: Worship the King

***The LORD has established his throne in the heavens, and his kingdom rules over all.***

Psalm 103:19

In the Western world, attributes like compassion, love, and kindness can often be equated with weakness. Verse 19 counters that idea. This One, who is endlessly loving and compassionate, is the undisputed King of the Universe. It is a call to reverence. A call to recapture a sense of wonder; to realize who this King really is. *Who is he, this King of glory? The LORD Almighty—he is the King of glory!* (Psalm 24:10).

Allow this truth to sink in. Instead of coming with our little shopping lists to God each day, we come simply to worship, to bow low before our King. And to pray each day, “Your Kingdom come, your will be done, as in heaven, so on earth.” (Matthew 6:10).

***Bless the LORD, O you his angels, you mighty ones who do his word, obeying the voice of his word! Bless the LORD, all his hosts, his ministers, who do his will! Bless the LORD, all his works, in all places of his dominion.***

Psalm 103:20-22

It’s as if David takes his eyes off his own soul and becomes aware of a cosmic choir. He calls out to this heavenly chorale: *Bless Yahweh!* And as he does, he remembers how obedient they are—they instantly carry out God’s will—in contrast to his own disobedience.

***Bless the LORD, all his works, in all places of his dominion.***

He calls to the whole of creation to join in.

***Bless the LORD, O my soul!”***

In Psalm 103:1, this exhortation sounds individualistic. But we realize now that David is joining the universal song. He is now no longer an individual calling upon his tepid soul. He sees himself as belonging to a universal choir.

This is not just private worship. It is an echo of the heavenly choir that sang to the glory of the Holy Trinity before creation and will do so forever.

**Reflect:**

- Why does David end this psalm by referring to God's kingship?
- Why does he call on the heavenly hosts and all of creation to bless the LORD?

**Practice:**

- Listen to Handel's "Hallelujah Chorus" and enter, in a small way, into what heaven's praises will be like.

**Pray:**

King of Kings and Lord of all Lords, I worship you as fully as this mortal frame will allow. May your kingdom come in my life, may it come now in this broken world, and I keenly anticipate your future kingdom in the New Heavens and New Earth.

Bless the LORD, O my soul. Hallelujah! Amen

## **Day 10: Living Psalm 103 Daily**

***This is the day that the LORD has made, let us be glad and rejoice in it.***  
(Psalm 118:24).

Psalm 103 is a psalm to practice daily. It is a call to experience worship as a lifestyle, not something we turn on when we attend a worship service. It means that, when we do gather with God's people to worship him, our hearts will be in tune with heaven.

### **START THE DAY**

#### **Expressing Your Dependence**

In Psalm 103:1, David humbly declares that he is not there yet when it comes to wholehearted worship. In keeping with David's heart cry, we need likewise to express our dependence. Not one of us, this side of heaven, has a heart that is unceasingly aflame with God-exalting worship.

### **THROUGHOUT THE DAY**

#### **Repeatedly Reignite Your Soul**

***Bless the LORD, O my soul and all that is within me bless his holy Name.***

Like David, speak to your soul, lead your soul to bless Yahweh. Start each day this way, and as you begin new phases throughout the day, reignite your soul to pour out gratitude to God for who he is.

#### **Intentionally Count God's Benefits**

***Forget not all his benefits***

It's so easy to take God's blessings for granted; to forget all he has done for us. Count out the blessings of forgiveness, healing, redemption, love, and compassion. They are the LORD's benefits to the community of faith, and to you personally.

#### **Focus on Who God Really is**

***The LORD is compassionate and gracious, slow to anger, and abounding in steadfast love.***

Living this psalm means reminding yourself throughout every day, “LORD, you are so gentle and kind to me. Your love is better to me than life itself.”

### **Admit how Frail and Needy You Are**

***For he knows our frame; he remembers we are dust.***

God isn't surprised by your limitations. He made you. He is fully aware of how frail you are. This frees you up to tell him when you are fatigued and fragile. Come with the honesty demonstrated in Psalm 103.

### **Join in with the Cosmic Choir**

***Bless the LORD you his angels ... his heavenly hosts ... all his works.***

This is a triumphant end to this life-transforming psalm. It's as if David is transported to heaven. He's echoing a grander, eternal song, where, like the angels, we become enthralled with the Lamb who is on the throne.

### **END THE DAY**

#### **By Recounting Today's Blessings**

You commenced the day by expressing your dependence on God to live in tune with this amazing psalm. Pause, still your soul at the end of each day by recounting how the LORD has blessed you throughout the day.

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