

Summer Psalms: Psalm 103

Life Steps | August 20 & 21, 2016

Day 1

Psalm 103:1-5

This Psalm begins and ends with "Praise or Bless the Lord O my soul". How does that line affect you? What does it mean to you to "bless the Lord?" Journal the benefits (vs 2) of God listed in verses 1-5. Which one grabs your heart the most? Why? Read Psalm 96 as your closing quiet time prayer.

Day 2

Psalm 103:7-8 & Exodus 33:18-34:1-8

Verses 7-8 refer to Moses encounter with God in person. Refer to the Exodus reading. Why do you think Moses pleaded with God to allow him to see Him? What did Moses see that is echoed in Psalm 103? Read Psalm 99 as your closing quiet time prayer.

Day 3

Psalm 103:6-12

What is the measurement of God's steadfast love towards those who revere him? How do you experience God's love in your day to day life? Who more than any other person have you received God's love through the most? What do you believe has most shaped their heart to be so loving towards you? Read Psalm 136 as your closing quiet time prayer.

Day 4

Psalm 103:13-18

Some of us did not have healthy models of fatherhood. What actions steps will you take to cast off those old memories of broken parenting and model for your children, grandchildren, nieces, nephew and or children of friends the belief that God is sovereign, righteous (fair), merciful and loving. Refer to message notes. Read Psalm 104 as your closing quiet time prayer.

Day 5

Psalm 103:17-22

Who is being commanded to praise/bless the Lord? What do you think is the connection between praising the Lord and doing his bidding, obeying his word and doing this will? (Vs. 20-21) How comfortable are you in verbally praising and blessing the Lord in the presence of others? Why? Read Psalm 100 out loud as your closing quiet time prayer. Consider reading out loud with your family today.

Day 6

Psalm 103:1-22

What are the most striking traits of God's character described in Psalm 103? How will you demonstrate those character traits to your children, grandchildren and future generations? In your journal, record 26 words that describe the greatness of God, using the Alphabets as your guide. If you have children or grandchildren, consider doing this exercise with them later. Read Psalm 113 out loud as your closing quiet time prayer.

Day 7

Psalm 1

Recite from memory. Review all your Summer Psalm message notes. How are the Psalms beginning to help you manage your thoughts and emotions? Identify your key discoveries since we began this series. Read Psalm 150 out loud as your closing quiet time prayer.