



Bless the Lord
Psalm 100:1-5

MAIN POINT

Part of our worship should involve remembering and reflecting on God's faithful love.

INTRODUCTION

What kinds of things are you most likely to remember?

What kinds of things would you forget most often?

UNDERSTANDING

Read Psalm 103:1-6

What picture of God is painted in these verses?

Why were these works of God "good"? Why might David have singled these out?

How would you describe the feelings that come with God's forgiveness and healing?

Why do you think we so quickly forget that God has forgiven us?

David also praised God for redeeming him from “the Pit” (v. 4). Have you ever been in a figurative pit you couldn’t get out of without help? Describe what that experience was like and how you saw God at work in your life.

Where in Psalm 103 do you see references to the larger story of God’s plan for humanity?

David stated that God “satisfies you with goodness” (v. 5). How would you define satisfaction? What kinds of things lead us to forget that only God truly satisfies us?

How does your relationship with Christ bring satisfaction to your life?

Spend a few minutes discussing how each of the benefits David listed are present in your lives today.

Read Psalm 103:7-12

What impact does the truth of these verses have on your relationship with God? What evidence of His faithfulness do you see in your daily life?

What are the keys to “faithful love” (v. 8)?

How does God’s unique and unequalled love compare with the way we express love?

What are the keys to compassion? How is God's compassion illustrated to you?

If asked to help someone understand God's faithful love, how would you begin?

What visual images did David use to describe how completely God removes our sin from us? Why is it important that God removes our sins?

What keeps you from remembering that God has removed your sins through Jesus' work on the cross?

APPLICATION

Which of David's words in Psalm 103 do you resonate most with at this season of life? Which are the most difficult for you to echo? Why?

What struggles are keeping you from daily declaring, "Bless the Lord, O my soul"?

What are some practical ways we might encourage one another in our pursuit to forget the negatives and sins that God has forgiven, and instead to remember the true character of God?

PRAY

Encourage your group members to take a few minutes to write out a prayer in the form of a song, paragraph, or statement telling God what you're thankful for from your past and what you're looking forward to about your future with Him. Close your time together by praying that each member of your group would daily meditate on the goodness of God.