

Bless the Lord, O My Soul (Ps. 103.1-5)

General Check In Questions

- How are you feeling right now?
- What has God been teaching you in this season?

Sermon Discussion Questions

Read Psalm 103:1-5

1. David begins this Psalm by encouraging himself to bless God. We all need encouragement at times, and sometimes we have to do it ourselves.
 - a. How do you encourage yourself when you are struggling to honor and praise God?
 - b. What do you think about when you need help remembering the goodness of God?
2. David provides his list. He begins with forgiveness of sin and then physical healing. He follows this up with redemption from death, and lastly God's faithful and unending love and mercy.
 - a. Which of these are you most thankful for right now?
 - b. Which of these blessings do you tend to take for granted?
3. Verse 5a says that God satisfies his people with good. What is a unique blessing--something good--that God has provided this season that you can thank him for?
4. Finally, God renews the strength of his people. This renewing happens as we pursue and walk with him.
 - a. During what seasons of your life have you seen God renew your strength?
 - b. How is he doing it right now?
 - c. What does your pursuit of Christ look like right now? How are you learning to build it into the current rhythm of your life?