

Be Still and Know: Beholding God in the Psalms

Lesson 3: Bless the Lord, O My Soul

Psalm 103

Main idea: Forget *NONE* of God's benefits!

I. **God _____ and _____.** (vv. 3-5)

Here we have an outline of the redemptive process:

- a. Our sin is *pardoned* (Is. 53:6, 2 Cor. 5:21)
- b. The effects of our sin are *healed* (see Is. 1:5-6)
- c. The sting of death is removed through *redemption* to eternal life (see 1 Cor. 15:54-57)
- d. We are *crowned* with a new identity (Eph. 1:3-8; 2:4-7; Rom. 8:15-17, 35-39)
- e. We are *satisfied*, both now and for all eternity, with the abundance of God's presence and provision (Romans 8:28, 32; 2 Cor. 4:16, 17)

II. **God is abounding in _____.** (vv. 8-18)

- a. Basic definition of *hesed*: committed, loyal love
 - i. Sally Lloyd-Jones: "a Never Stopping, Never Giving Up, Unbreaking, Always and Forever Love" (*The Jesus Storybook Bible*)
 - ii. Michael Card: "When the person from whom I have a right to expect nothing gives me everything." (*Inexpressible: Hesed and the Mystery of God's Lovingkindness*, 5)

b. Benefits flowing from God's *hesed*

- i. Justice
- ii. Compassion
- iii. Grace
- iv. Patience
- v. Mercy
- vi. Forgiveness

c. The size of God's *hesed* (vv. 11, 12)

d. The timeline of God's *hesed* (v. 17)

III. **God** _____ **sovereignly over** _____. (vv. 19-22)

Time to "marinate:"

- 1) What truth stood out to you the most from today's lesson and why?
- 2) What does your "self-talk" most often sound like? What impact does it have?
- 3) In your experience, what are some of the best ways to "forget not His benefits." In other words, how do you stay mindful of who God is and what He does in your day-to-day life?
- 4) Who or what (other than God) is your soul most tempted to bless/adore/worship/praise?