

## *Everyday Prayers for Everyday Life*

### PSALM 103

#### Of David

1 Praise the LORD, O my soul; all my inmost being, praise his holy name. 2 Praise the LORD, O my soul, and forget not all his benefits-

3 who forgives all your sins and heals all your diseases, 4 who redeems your life from the pit and crowns you with love and compassion,

5 who satisfies your desires with good things so that your youth is renewed like the eagle's. 6 The LORD works righteousness and justice for all the oppressed.

7 He made known his ways to Moses, his deeds to the people of Israel: 8 The LORD is compassionate and gracious, slow to anger, abounding in love.

9 He will not always accuse, nor will he harbor his anger forever; 10 he does not treat us as our sins deserve or repay us according to our iniquities.

11 For as high as the heavens are above the earth, so great is his love for those who fear him; 12 as far as the east is from the west, so far has he removed our transgressions from us.

13 As a father has compassion on his children, so the LORD has compassion on those who fear him; 14 for he knows how we are formed, he remembers that we are dust.

15 As for man, his days are like grass, he flourishes like a flower of the field; 16 the wind blows over it and it is gone, and its place remembers it no more.

17 But from everlasting to everlasting the LORD's love is with those who fear him, and his righteousness with their children's children— 18 with those who keep his covenant and remember to obey his precepts.

19 The LORD has established his throne in heaven, and his kingdom rules over all. 20 Praise the LORD, you his angels, you mighty ones who do his bidding, who obey his word.

21 Praise the LORD, all his heavenly hosts, you his servants who do his will. 22 Praise the LORD, all his works everywhere in his dominion. Praise the LORD, O my soul.

1. Read Psalm 103:1-5. List David's reasons for praising God every day. Do you have more reasons to praise God than David or less? Explain.
2. In verse 2, David reminds himself not to forget God's benefits. What do you do that helps you remember God's benefits? What causes you to forget God's blessings?
3. Read verses 6-15. What promise of God does the Psalmist share in verse 12? How does this promise help you to not be crippled by or full of guilt about your past sins? What do you learn here about how we are to forgive others? (Ephesians 4:32; Colossians 3:13)

4. Read verses 7-10 along with Exodus 34:6-7. How are these passages alike? How are they different? What future event do verses 9 and 10 of this psalm point to? (Matthew 26:26-29)
5. What phrase is repeated in verses 11, 12 and 17? What do you think it means to “fear the Lord”?
6. Read verses 16–22. How long do “our days” last? How long does God’s love last? In light of that what is the best way to spend our time? (vss. 19-22)

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## PSALM 146

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### A Song of Ascents

1 Praise the LORD. Praise the LORD, O my soul.  
2 I will praise the LORD all my life; I will sing praise to my God as long as I live.

3 Do not put your trust in princes, in mortal men, who cannot save. 4 When their spirit departs, they return to the ground; on that very day their plans come to nothing.

5 Blessed is he whose help is the God of Jacob, whose hope is in the LORD his God, 6 the Maker of heaven and earth, the sea, and everything in them—the LORD, who remains faithful forever.

7 He upholds the cause of the oppressed and gives food to the hungry. The LORD sets prisoners free, 8 the LORD gives sight to the blind, the LORD lifts up those who are bowed down, the LORD loves the righteous.

9 The LORD watches over the alien and sustains the fatherless and the widow, but he frustrates the ways of the wicked. 10 The LORD reigns forever, your God, O Zion, for all generations. Praise the LORD.

7. Read Psalm 146:1-2. What in your life has led (or leads) you to praise the Lord?
8. Read verses 3-6. Why does the psalmist say it is useless to trust the political powers of his time? What reasons does the Psalmist give for trusting in God instead of man?
9. Some synonyms for the Hebrew word “faithful” used in verse 6 are: to build up or support, to foster as a parent or nurse, to be permanent, true, or certain; trustworthy, steadfast. Read Hebrews 2:17 and 1 John 1:9 and meditate on how Jesus has been faithful to you. Share with your group one specific example of God’s faithfulness.
10. Read verses 7-9. List the ways God shows compassion and love to his people. Whose life was the fulfillment of these words? (Luke 4:14-19) How has God been faithful to his promises in verses 7-9 in your life? How has his love and compassion changed you?