

a SONG of REMEMBRANCE

PSALM 103

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How's your memory? Sometimes people use memory tricks to help them remember names or important numbers because forgetfulness can be frustrating. But there is another kind of forgetfulness that David wants to remind us of—the danger of forgetting the goodness of God and, as a result, lacking a grateful heart. We want to think about that this week as we dive into Psalm 103.



THIS WEEK'S DISCUSSION QUESTIONS

- Read Psalm 103. Notice how David challenges his own heart to remember God's blessings in verses 1–2 with the phrase "O my soul." If that phrase refers to our deepest heart, how could you express blessing to God from the depths of your own heart?
- In Romans 1:21, Paul implies that the downward spiral of broken humanity is in some way connected to a heart that isn't grateful. David's words "forget not all His benefits" (Psalm 1:2) echoes the same concern. To what degree do you see God as the source of all good things, and to what degree do you credit yourself for what is yours?
- Consider the "benefits" David lists in verses 3–5. In what ways does this list make sense, and in what sense do you sometimes feel that you are not receiving the fruit of those promises? Even in the times of apparent lack, how can God still be seen as deserving of our gratitude?
- In Psalm 103:6–17, David reminds Israel of God's mighty acts for them. What are some of the mighty acts of God for you (or us) that we need to be reminded of?



CHALLENGE

As you consider God's faithfulness and care, what are some ways you could cultivate a more thankful heart?



COMMIT TO MEMORY

"Bless the LORD, O my soul; and all that is within me, bless His holy name! Bless the LORD, O my soul, and forget none of His benefits"
(Psalm 103:1–2 NKJV).



PRAYER

Father, You have given me far more than I could ever deserve. Thank You for Jesus, His cross, and the gift of eternal life You have given to me. And thank You as well that every good and perfect gift comes from You—my loving heavenly Father. Amen.