

# this is our God

Over the next four weeks, we will walk through Psalm 103 in a series called "This is our God." Psalm 103 describes God as He is, a good Father. He is our forgiveness, our healing, and our redemption. He is compassionate, merciful, slow to anger, filled with unfailing love; He is tender and compassionate. G. Campbell Morgan once described Psalm 103 by saying, "It is perhaps the most perfect song of pure praise to be found in the Bible." Today's study is titled: God of My Benefit.

## Discussion Questions:

1. Looking back at your sermon notes, what encouraged or challenged you the most?

## Read Psalm 103:1-5

2. In verses 1 and 2, as we see throughout the Psalms, David is speaking to himself. We can imagine him looking into a mirror and giving his heart a pep talk. When did you last find yourself praising God without needing any pep talk? When are you tempted to praise God with less than "all" your heart?
3. Life comes at us pretty fast most of the time. Why, at times, does it take intentionality to fire up our praise to God? What do we learn from these first two verses regarding our mind's role in leading our hearts? What can this look like practically?
4. In verses 3-5, David praises God for five specific "good things" God does for His children. Review your sermon notes, reflect on these benefits, and consider: Why and when are we most tempted to forget them personally and when we view the lives of others?
  - 1) God forgives our iniquities.
  - 2) God heals from diseases.
  - 3) God redeems our life from the pit.
  - 4) God crowns us with steadfast love and mercy.
  - 5) God satisfies us with good things.
5. The discipline of gratitude, Henri Nouwen writes, "is the explicit effort to acknowledge that all I am and have is given to me as a gift of love, a gift to be celebrated with joy." In verse 5, what results does David's intentional praise have on his heart? Similarly, what does Paul say about the power of praise in Philippians 4:4-8?
6. What's one personal takeaway from today's study you can focus on applying in your life this week?