PSALM

103

CIII

Refrain Praise

Psalms of David · Book IV

"By David."

PICTURE WORD

Eagle

IN ONE SENTENCE

y soul, bless the LORD, who forgives all my sins, heals me, and shows compassion as high and wide as heaven.

Remember it: One-oh-three: east from west, that's how far my sins flee.

MEMORY VERSE

As far as the east is from the west, so far has he removed our transgressions from us.

Psalm 103:12 · World English Bible

HEBREW WORD

הַסֹּלֵחַ

"the forgiver" · verse 3

In the Psalms: twice, in 2 psalms

סָלַח means "to forgive" or "to pardon." In the Old Testament this verb always has God as its subject; people are never said to do it. Forgiveness of this kind belongs to the LORD, which is why the psalmist lists it first among his benefits.

HOW THE PSALM MOVES

1–5	My soul, bless the LORD and remember all his benefits
6–14	The LORD is merciful and removes our sins far away
15–18	Our days are grass, but his love is everlasting
19–22	Angels, armies, and all his works, bless the LORD

MY NOTES

Listen. Hear Psalm 103 sung in the **Psalm Song** app, or free at **ispress.de/psalms/103**.

Cantillated. Sung: chanted back and forth between a leader and the people.

Forgiveness & Repentance · Praise & Thanksgiving · Life Is Short

FILL IN THE BLANKS

My soul, bless the LORD, who _____ all my sins, _____ me, and shows _____ as high and wide as heaven.

CHECK YOURSELF

1. Like what bird is the believer's youth renewed?

- (A) The dove
- (B) The sparrow
- (C) The eagle
- (D) The stork

2. How far has the LORD removed our transgressions from us?

- (A) As far as the sea is deep
- (B) As far as the east is from the west
- (C) As far as Egypt from Canaan
- (D) As high as the mountains

3. What does the LORD remember about how we are made?

- (A) That we are dust
- (B) That we are strong
- (C) That we are wise
- (D) That we are kings

TALK IT OVER

1. Verses 3-5 list God's benefits. Which one do you most need to remember this week?

2. What does the picture of a father's compassion (v. 13) teach about how God treats us?

3. Why do you think the psalmist has to tell his own soul to praise? When do you need to?

IN YOUR OWN WORDS: WHAT DOES PSALM 103 TEACH?

- ☐ I listened to the song
- ☐ I can say verse 12 by heart
- ☐ I can say what it teaches
- ☐ I know the picture word

Answers Blanks: forgives · heals · compassion · Check yourself: 1. C (v. 5) · 2. B (v. 12) · 3. A (v. 14)