

International Bible Lesson

Study Guide for Psalms 103:1-22

New American Standard Bible

Assign each person in the class one or more verses to study.
Each person should answer these two questions on their assigned verse.

1. What does this verse say?
2. What does this verse mean to me?
3. Discuss your answers with the class.

(Psalms 103:1) A Psalm of David. Bless the LORD, O my soul, And all that is within me, bless His holy name.

(Psalms 103:2) Bless the LORD, O my soul, And forget none of His benefits;

(Psalms 103:3) Who pardons all your iniquities, Who heals all your diseases;

(Psalms 103:4) Who redeems your life from the pit, Who crowns you with lovingkindness and compassion;

(Psalms 103:5) Who satisfies your years with good things, So that your youth is renewed like the eagle.

(Psalms 103:6) The LORD performs righteous deeds And judgments for all who are oppressed.

(Psalms 103:7) He made known His ways to Moses, His acts to the sons of Israel.

(Psalms 103:8) The LORD is compassionate and gracious, Slow to anger and abounding in lovingkindness.

(Psalms 103:9) He will not always strive with us, Nor will He keep His anger forever.

(Psalms 103:10) He has not dealt with us according to our sins, Nor rewarded us according to our iniquities.

(Psalms 103:11) For as high as the heavens are above the earth, So great is His lovingkindness toward those who fear Him.

(Psalms 103:12) As far as the east is from the west, So far has He removed our transgressions from us.

(Psalms 103:13) Just as a father has compassion on his children, So the LORD has compassion on those who fear Him.

(Psalms 103:14) For He Himself knows our frame; He is mindful that we are but dust.

(Psalms 103:15) As for man, his days are like grass; As a flower of the field, so he flourishes.

(Psalms 103:16) When the wind has passed over it, it is no more, And its place acknowledges it no longer.

(Psalms 103:17) But the lovingkindness of the LORD is from everlasting to everlasting on those who fear Him, And His righteousness to children's children,

(Psalms 103:18) To those who keep His covenant And remember His precepts to do them.

(Psalms 103:19) The LORD has established His throne in the heavens, And His sovereignty rules over all.

(Psalms 103:20) Bless the LORD, you His angels, Mighty in strength, who perform His word, Obeying the voice of His word!

(Psalms 103:21) Bless the LORD, all you His hosts, You who serve Him, doing His will.

(Psalms 103:22) Bless the LORD, all you works of His, In all places of His dominion; Bless the LORD, O my soul!

Write the verse or verses you have been assigned in the space below:

Answer These Questions for Class Discussion or Study

1. What does the verse say?
2. What does the verse mean to me?