

International Bible Lesson

Study Guide for Psalms 103:1-22

New Revised Standard Version

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) 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 do not forget all his benefits—

(Psalms 103:3) who forgives all your iniquity, who heals all your diseases,

(Psalms 103:4) who redeems your life from the Pit, who crowns you with steadfast love and mercy,

(Psalms 103:5) who satisfies you with good as long as you live so that your youth is renewed like the eagle's.

(Psalms 103:6) The LORD works vindication and justice for all who are oppressed.

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

(Psalms 103:8) The LORD is merciful and gracious, slow to anger and abounding in steadfast love.

(Psalms 103:9) He will not always accuse, nor will he keep his anger forever.

(Psalms 103:10) He does not deal with us according to our sins, nor repay us according to our iniquities.

(Psalms 103:11) For as the heavens are high above the earth, so great is his steadfast love toward those who fear him;

(Psalms 103:12) as far as the east is from the west, so far he removes our transgressions from us.

(Psalms 103:13) As a father has compassion for his children, so the LORD has compassion for those who fear him.

(Psalms 103:14) For he knows how we were made; he remembers that we are dust.

(Psalms 103:15) As for mortals, their days are like grass; they flourish like a flower of the field;

(Psalms 103:16) for the wind passes over it, and it is gone, and its place knows it no more.

(Psalms 103:17) But the steadfast love 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 to do his commandments.

(Psalms 103:19) The LORD has established his throne in the heavens, and his kingdom rules over all.

(Psalms 103:20) Bless the LORD, O you his angels, you mighty ones who do his bidding, obedient to his spoken word.

(Psalms 103:21) Bless the LORD, all his hosts, his ministers that do his will.

(Psalms 103:22) Bless the LORD, all his works, 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?