



## CITIZENS CHURCH

Sunday, November 21, 2021

*Break the ice.* Did you have an imaginary friend as a child? What were some of his/her “superpower” characteristics?

Many of the Psalms tell us the good news that God loves the world and offers salvation to us. God has made a way for us to dwell with him forever: by grace through faith in Jesus Christ.

*Read Psalm 103 aloud together.*

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1. This Psalm begins and ends with the phrase, “Bless the Lord, O my soul.” What do you think that phrase means? What is the significance of David speaking to his soul?
2. Peruse the psalm again. What attributes does David remind his soul are true about God? Which of the Lord’s benefits listed in verses 1-5 astonish you the most? Why?
3. Who is being commanded to “Bless the Lord” in verses 20-22? Why might David include these?
4. Blessing the Lord seems to be important in David’s life. In what ways do you struggle to bless the Lord?
5. To close our time together, let’s again follow David’s lead in gratitude before the Lord and declare God’s greatness together. Let’s complete the first four verses of Psalm 103 with our own words to bless the Lord.

Bless the LORD, O my soul, and all that is within me, bless his holy name!

*\* Pause to pray: Name three aspects of God’s character that your soul needs to remember and praise him for today.*

Bless the LORD, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases,

*\* Pause to pray: Celebrate that you have no power to save yourself. Bless the Lord that he forgives your sins and reconciles you to himself through his Son. Praise him for his forgiveness and healing in your life.*

who redeems your life from the pit, who crowns you with steadfast love and mercy, who satisfies you with good so that your youth is renewed like the eagle’s.

*\* Pause to pray: Give thanks to God for the difficult things in your life, trusting him for the redemption he promises in Christ, the steadfast love he never stops having for you, and the goodness and mercy that follows you every day of your life.*