

✓ Verse 18 likens fearing the Lord to keeping His covenant, remembering and obeying Him. In effect, it is respect for God and living your life in awareness that you are in God presence and that He is watching you.

Three dimensions are mentioned in this Psalm. God forgives us as far as the East to the West. He love us as high as the heavens from the earth and from eternity to eternity. God love is like the huge expanse of the heavens focusing in on us.

What does this Psalm say about our acceptance before God?

It is based on our forgiveness and upon God's love for us. It is not based on our works because we are made from dust. It is founded in covenant and requires us to fear and obey Him.

✓ *Praise the LORD, you his angels, you mighty ones who do his bidding, who obey his word.
Praise the LORD, all his heavenly hosts, you his servants who do his will.
Praise the LORD, all his works everywhere in his dominion. Praise the LORD, O my soul.*

Having studied this Psalm what do you have to praise God for?

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Psalm 103



Read Psalm 103

What is the major theme of this psalm?

Perhaps our relationship with God, His compassion upon us or human status before God. This is a simple Psalm all about basics. It's very refreshing!

Who is David talking to in this Psalm?

David is addressing himself, his soul, it is a psalm reminding him of what he knows to be true. He is encouraging himself.

How do you think King David wanted us to feel after reading this psalm?

This psalm has three sections, It starts and ends with praise.v1-5 and 20-22. between these it talks about God's attitude towards us and our sin.



Do we praise God enough?

Why is it important that we praise God?

When should we praise God?

What part of us needs to praise?

What is the difference between praising God and worshipping God?

What is the difference between praising God and praying?

In Hebrew the word praise also means bless, (bless the LORD O my soul, KJV). It includes the idea of honouring, acknowledging and giving thanks. In Jewish culture this was considered very important. To this day Jews have blessing to be said at all manner of occasions. These blessing start with the same words as this psalm, *Baruck Ata*, Bless (or praise) the Lord.



Do you think this is a good practice?

Should we emulate it?

Have you notice how quick we are to resort to prayer instead of praise? For example when we say grace before a meal, it is intended to be a time to thank God, not to ask God for things, yet this is what we often end up doing.

Why do you think this is?



Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus. 1 Thessalonians 5v16-18



What three things does this verse tell us to do?

How are you going to include praise into your daily life?

What will the result of praising God be?



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What benefits (how kind God's been) of knowing God does the Psalmist state?

1	Who forgives all your sins
2	Heals all your disease
3	Who redeems your life for the pit
4	Who crowns you with love and compassion (Heb grace and mercy)
5	Satisfies your desires with good things (provides our needs)
6	Renewed – your youth is like the eagle's

What do each of these mean?

What are we to do with these six benefits?



We are told to remember them. They are reason to bless the Lord.

What effect will remembering/forgetting them have on us?

If we don't give thanks for them we will forget them.



What does verse 6 tell us about God?

What does this mean for us?



What does verse 7 tell us about God?

What does this mean for us?



What does verse 8 tell us about God?

Does everyone see God this way?



What does verse 9 tell us about God?

What does this mean for us?



What might He be angry about?

Why won't He stay angry?

How does this compare with us?

He does not treat us as our sins deserve or repay us according to our iniquities. v10



What would happen if He did?

Does this mean that God is soft on sin?

Why is this verse important to us?

How does He deal with us?



Read Psalm 32v1-2

How is this blessing received?



Read Psalm 130v3-4

What does forgiveness enable us to do?

Why should we fear God?

How does this contrast with pagan religions?

Why do they fear God?



How far has God removed our sins? v12

What does this mean?

How far is the east from the west?



You will again have compassion on us; you will tread our sins underfoot and hurl all our iniquities into the depths of the sea. Micah 7v19

"For I will forgive their wickedness and will remember their sins no more." Jeremiah 31v34

Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord, Acts 3v19



How do you think God feels when we come to him and ask for forgiveness?

Many of us have the idea that God is reluctant to forgive our sin, that we trouble Him or that coming to Him is a burden. These verse seem to make it clear that God delights to forgive our sin. It is something He really wants to do. He is quick to forgive.



Whose idea was forgiveness in the first place?

Forgiveness puts Christ's work on the cross into perspective. In a sense being able to forgive our sin makes the pain and the grief worthwhile. When we refuse to come for forgiveness as far as we are concerned we make Christ's death to be for nothing.



Why do we need forgiveness?

What are the results of forgiveness?

The psalmist goal in this passage is not to encourage us to ask God for forgiveness, but rather to appreciate the forgiveness that we have received. To comprehend the blessed state of being forgiven. Often we fail to acknowledge what this means.



Complete the following phrase at least 10 ways.

If I am forgiven then....

Why do you think Satan works so hard to stop us from feeling forgiven?

For he knows how we are formed, he remembers that we are dust. v14

What does this verse mean?



God knows what we are made of, He knows what is in our hearts, He knows our frailties propensity to sin. He has taken all these things into account and has provide a way for allowances to be made (ie forgiveness). We don't have to be superhuman to please God.



For we do not have a high priest who is unable to sympathise with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. Hebrew 4v15-16



What is verse 15&16 saying about human life and destiny?

What do verse 17 say about human destiny?

How do the two compare and connect?

We are temporary, God is eternal. It is God's hold on us that gives our lives significance and permanence.



Three places in this Psalm it says there is a result of fearing God, what is it?

What does it mean to fear God?

Practically, what does it mean for us to fear the Lord?