

Psalm 103 Discussion Questions

- David begins by speaking to his own soul. Why do you think he has to command himself to praise God?
 - Does this have implications for our worship when we aren't necessarily "feeling it"? How so?
- In verses 2-5, David says, "Forget not all his benefits." What are the specific benefits of God that he tells himself to remember?
 - Which of these acts of God stands out to you the most, and why?
- Verse 3 says that God "forgives all your iniquity." How should remembering God's forgiveness affect the way we think about our past sins and failures?
- David says God "heals all your diseases." How should we understand this statement in light of the fact that we still experience sickness and eventually die?
- Verse 4 says that God "redeems your life from the pit." What kinds of "pits" does God rescue his people from? What has this looked like in your life?
- Verse 5 says that God "satisfies you with good." What are some things you tend to look to for satisfaction besides God? Why do those things ultimately fail to satisfy?
- Ben said, "The human heart has a better memory for pain than for grace." Where do you see that tendency in your own life?

- Why do you think we are so prone to forget God's goodness, even when we've experienced it repeatedly?
- What helps you deliberately "keep the receipts" of God's grace?
- David then moves from the "gift" (what God does) to the "Giver" (who God is). What does verse 6 reveal about His concern for the oppressed? Who are they?
- Verses 8-10 describe God as "merciful and gracious," "slow to anger," and "abounding in steadfast love." Which of these descriptions are you most prone to forget? Do you ever take them for granted?
- How do verses 11-12 communicate the magnitude of God's forgiveness? How should this affect the way we approach God on a daily basis?
- What does verse 13 teach us about God's heart toward His people?
 - What is the mark of His people in this verse?
 - What does it mean to "fear" God rightly?
- Verse 14 says, "He knows our frame; he remembers that we are dust." How is it comforting to know that God understands our frailty?
- Verses 15-16 emphasize how brief and fragile human life is. Why is this spiritually beneficial?
- According to verses 17-18, who receives God's steadfast love? What role does obedience to God play in this passage?
- How does remembering what God is like change the way you respond when circumstances are hard?

- Verse 19 declares God's sovereignty. Why is this an important thing to remember when life feels out of control?
- What truths about God are you remembering most right now? Which ones are you most prone to forget?