

PSALM 103:1-12

FOCUSED PRAISE OF THE LORD

A Study by Mark Paynter

Please read the passage several times before answering the following questions.

Read Psalm 103:1-12

Who wrote this Psalm? Who does he address in Psalm 103:1-2? What does David mean by the word “soul” in Psalm 103:1a and “inmost being” in Psalm 103:2? Are the terms identical, if not how do you distinguish between the two? What command does David repeat twice in the first two verses? How does David view God in Psalm 103:1? What does David also command himself to recall in Psalm 103:2?

How does Psalm 103: 3-5 expand David’s thought in Psalm 103:2b? What benefits of the Lord’s does David identify in Psalm 103:3-5? Encourage your group to share amongst themselves examples of these blessings that they have experienced in their own lives? Have the members of your group being blessed by the Lord in ways that are not listed here, provide examples?

What does the Lord work for the righteous and the oppressed (Psalm 103:6)? Who do you think David meant by the righteous and the oppressed? Do you think that the Lord would consider anyone righteous today, if so who? Who do you think would fit into the term “oppressed” today and how does the Lord bring justice for them? What steps can we ourselves take to help the oppressed?

How does David recall the history of Israel in Psalm 103:7?

How did David describe the character and nature of the Lord in Psalm 103:8-12? Has the Lord changed his nature and character since David penned these words? If the Lord has not changed then how can we expect him to treat us today? Does he expect us to display similar traits in our relationship with others?