

## PSALM 103 (NIV)

<sup>1</sup> Praise the Lord, my soul;  
 all my inmost being, praise his holy name.  
<sup>2</sup> Praise the Lord, my soul,  
 and forget not all his benefits—  
<sup>3</sup> who forgives all your sins  
 and heals all your diseases,  
<sup>4</sup> who redeems your life from the pit  
 and crowns you with love and compassion,  
<sup>5</sup> who satisfies your desires with good things  
 so that your youth is renewed like the eagle's.  
<sup>6</sup> The Lord works righteousness  
 and justice for all the oppressed.  
<sup>7</sup> He made known his ways to Moses,  
 his deeds to the people of Israel:  
<sup>8</sup> The Lord is compassionate and gracious,  
 slow to anger, abounding in love.  
<sup>9</sup> He will not always accuse,  
 nor will he harbor his anger forever;  
<sup>10</sup> he does not treat us as our sins deserve  
 or repay us according to our iniquities.  
<sup>11</sup> For as high as the heavens are above the earth,  
 so great is his love for those who fear him;  
<sup>12</sup> as far as the east is from the west,  
 so far has he removed our transgressions from us.  
<sup>13</sup> As a father has compassion on his children,  
 so the Lord has compassion on those who fear him;  
<sup>14</sup> for he knows how we are formed,  
 he remembers that we are dust.  
<sup>15</sup> The life of mortals is like grass,  
 they flourish like a flower of the field;  
<sup>16</sup> the wind blows over it and it is gone,  
 and its place remembers it no more.  
<sup>17</sup> But from everlasting to everlasting  
 the Lord's love is with those who fear him,  
 and his righteousness with their children's children—  
<sup>18</sup> with those who keep his covenant  
 and remember to obey his precepts.  
<sup>19</sup> The Lord has established his throne in heaven,  
 and his kingdom rules over all.  
<sup>20</sup> Praise the Lord, you his angels,  
 you mighty ones who do his bidding,  
 who obey his word.  
<sup>21</sup> Praise the Lord, all his heavenly hosts,  
 you his servants who do his will.  
<sup>22</sup> Praise the Lord, all his works  
 everywhere in his dominion.  
 Praise the Lord, my soul.

(Message Outline on the back)

1. What? Praise the Lord (v. 1-5; 19-22)

*Praise the Lord*

- Praise **230** ■ I will praise the Lord **28** ■ I will extol/exalt the Lord **7**
- Praise the Lord, my soul **6** ■ Praise the Lord (Everyone) **34**
- Declare his praise **14** ■ Glorify **4** ■ Psalm 103 **7**

2. Why? God's forgiving love we have always known.  
(v. 6-18)

*...so far has he removed our transgressions from us.*

And he passed in front of Moses, proclaiming, "The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness. **Exodus 34:6**

■ Patient (v.9-11)

Be completely humble and gentle; be patient, bearing with one another in love. **Ephesians 4:2**

Bear in mind that our Lord's patience means salvation. **2 Peter 3:15**

■ Compassionate (v.12-14)

The Lord is full of compassion and mercy. James 5:11

But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. **Ephesians 2:4-5**

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort... **2 Corinthians 1:3-5**

So he got up and went to his father. "But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son..." **Luke 15:20**

Jesus had compassion on them and touched their eyes. **Matthew 20:34**

■ Everlasting (v.15-18)

And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ... **Ephesians 3:17-18**

In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace. **Ephesians 1:7**