

## PRAISE THE LORD, MY SOUL

Psalm 103:1-22

Key verse: 2

1. Who is David addressing in these verses 1-2? How did David praise God? What does it mean to praise God from one's "soul" or from "all my inmost being"? For what two reasons did he praise God? (1-2)
2. Read verses 3-5. What are the Lord's "benefits" ("kind deeds", NET) listed here? Can you find any progression here? Why do you think he mentions forgiveness first? What benefits have you received from the Lord? Why is it important to "forget not" all his benefits?
3. Read verse 6. How did David's praise extend beyond himself? What characterizes the Lord's reign? (Isa 9:7) How did the Lord reveal his character? (7-8; Ex 34:6-7a) His way of dealing with his people? (9-10) What is the extent of his love and forgiveness? (11-12)