

1. **Pray:** ask God to open your mind, soul and spirit to His teaching through His Word
2. **Think:** the questions are designed to expand your knowledge of God and His Word
3. **Begin:** using only your Bible, answer the questions without other outside sources

Lesson Thirty One: Psalm 103

May 17, 2006

1.
 - a) In verse 1 there is a command to praise the Lord. Who is this command to?
 - b) In verse 1b there is a parallelism giving another name for soul—what is that other name?
 - c) What do you think your “inmost being” or soul is?
2. The soul is being commanded to not forget the Lord's benefits. List all the benefits mentioned in verses 3–5 and share by each if and how you've received this benefit for yourself.
3. Praise psalms are a command for praise, yet there are reasons given for praise. In the following praise psalms, give the specific reasons for praise.

Psalm 92:4 _____

Psalm 106:1 _____

Psalm 113:7–9 _____

Psalm 117:2 _____

Psalm 138:1–3 _____

Psalm 144:1–4 _____

Psalm 146:1–9 _____

Psalm 150 _____

4. List reasons you have to praise God. Be very specific to your own life.

5. Verse 8 says the Lord is “slow to anger, abounding in love.” When have you deserved His anger but instead you felt His love?

6. a) Describe according to verse 12 what happens to our transgressions.

b) Is this a comfort or not to you and why?

7. How is man described in this psalm?

8. In verses 11, 13, 17, & 18 there are conditions that are important to receiving God’s great benefits. Name each condition and what it means to you.

9. The psalm begins with a command of praise to “self”. Who is commanded to praise the Lord in the last three verses? Name what you think each of these groupings are and how they would praise God.

Going Deeper:

10. Write a short praise psalm with a specific reason for the praise.