

*Praise the LORD, O my soul; all my inmost being, praise his holy name. Praise the LORD, O my soul, and forget not all his benefits- who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's. Psalm 103:1-5 (NIV)*

## Remember

I don't ever want to forget. I want always to remember all that you have done for me. I don't want to be thoughtless. I don't want to be callous. I don't want to be forgetful. I want to think deeply about all that you have done for me. I want to return to give you thanks and praise for your many blessings. You have given me so much. You have richly blessed my life. **How?** How have you blessed my life? **Yes, that is my question.** I'm sure you know. **Yes, I do know. It will be a good thing for you to remember all that I have done for you.** Do you have a specific reason in mind? **Yes, I do. But, you tell me why it is a good thing for you to remember all that I have done for you.**

You like to hear me express my thanks and praise to you. Acknowledging your love and compassion is one way for me to tell you that I am relying on you. I know that my help comes from you. I have not redeemed my life from the pit. I did not pull myself off the road that led away from you. I could do nothing to earn your forgiveness. I could not scrub myself clean of my unrighteousness. I could not heal my own diseases. I could adopt myself into your family. Only you could make me to be your child. You have lavishly and generously demonstrated your compassion and love to me. **That's true.** You have heard my prayers. You have both given and granted the desires of my heart. **Like what? What desires of your heart have I given and granted?** It is the desire of my heart to live in an intimate relationship with you. I want to love you with all my heart and mind and soul and strength. I want to live my life with and for you. I want to know you. I want to listen to your voice. I want to go where you guide me. I want to do what you ask of me. In every way, I want to do what is pleasing to you. I also want to give all my thanks and praise to you. I want to acknowledge every way that you have blessed my life. None of these desires have come from me. **No, they have not.** You have both given and are granting these desires in my heart. **Yes, I am.**

*Lord, you have done so much for me. I almost don't know where to begin to give thanks and praise to you. Except, I know I can start with your biggest gift. You have forgiven my sins and cleansed me of all my righteousness. You redeemed my life from the pit. Amen*

**Prayer***Forget Not*

Praise the LORD, O my soul; all my inmost being, praise his holy name. Praise the LORD, O my soul, and forget not all his benefits— who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's.

NIV

Psalm 103:1-5

**Prayer***Forget Not*

Bless the LORD, O my soul, and all that is within me, bless his holy name! Bless the LORD, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy, who satisfies you with good so that your youth is renewed like the eagle's.

ESV

Psalm 103:1-5

**Prayer***Never Forget*

Let all that I am praise the LORD; with my whole heart, I will praise his holy name. Let all that I am praise the LORD; may I never forget the good things he does for me. He forgives all my sins and heals all my diseases. He redeems me from death and crowns me with love and tender mercies. He fills my life with good things. My youth is renewed like the eagle's!

NLT

Psalm 103:1-5

**Prayer***Forget Not*

Bless the LORD, O my soul; And all that is within me, bless His holy name! Bless the LORD, O my soul, And forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases, Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, Who satisfies your mouth with good things, So that your youth is renewed like the eagle's.

NKJV

Psalm 103:1-5

**Prayer***Do Not Forget*

Bless the LORD, O my soul, and all that is within me, bless his holy name. Bless the LORD, O my soul, and do not forget all his benefits— who forgives all your iniquity, who heals all your diseases, who redeems your life from the Pit, who crowns you with steadfast love and mercy, who satisfies you with good as long as you live so that your youth is renewed like the eagle's.

NRSV

Psalm 103:1-5

**Prayer***Don't Forget*

A David psalm O my soul, bless GOD. From head to toe, I'll bless his holy name! O my soul, bless GOD, don't forget a single blessing! He forgives your sins—every one. He heals your diseases—every one. He redeems you from hell—saves your life! He crowns you with love and mercy—a paradise crown. He wraps you in goodness—beauty eternal. He renews your youth—you're always young in his presence.

MSG

Psalm 103:1-5

**Prayer***Forget Not*

BLESS (AFFECTIONATELY, gratefully praise) the Lord, O my soul; and all that is [deepest] within me, bless His holy name! Bless (affectionately, gratefully praise) the Lord, O my soul, and forget not [one of] all His benefits— Who forgives [every one of] all your iniquities, Who heals [each one of] all your diseases, Who redeems your life from the pit and corruption, Who beautifies, dignifies, and crowns you with loving-kindness and tender mercy; Who satisfies your mouth [your necessity and desire at your personal age and situation] with good so that your youth, renewed, is like the eagle's [strong, overcoming, soaring]!

AMP

Psalm 103:1-5

**Prayer***Not Forget*

I bless the holy name of God with all my heart. Yes, I will bless the Lord and not forget the glorious things he does for me. He forgives all my sins. He heals me. He ransoms me from hell. He surrounds me with loving-kindness and tender mercies. He fills my life with good things! My youth is renewed like the eagle's!

TLB

Psalm 103:1-5

**Prayer***Forget None*

Bless the LORD, O my soul, And all that is within me, bless His holy name. Bless the LORD, O my soul, And forget none of His benefits; Who pardons all your iniquities, Who heals all your diseases; Who redeems your life from the pit, Who crowns you with lovingkindness and compassion; Who satisfies your years with good things, So that your youth is renewed like the eagle.

NASB

Psalm 103:1-5

**Prayer***Do Not Forget*

Of David. My whole being, praise the LORD; all my being, praise his holy name. My whole being, praise the LORD and do not forget all his kindnesses. He forgives all my sins and heals all my diseases. He saves my life from the grave and loads me with love and mercy. He satisfies me with good things and makes me young again, like the eagle.

NCV

Psalm 103:1-5

# Forget Not

Day \_\_\_\_\_ Date \_\_\_\_\_

**Prayer** – Psalm 103:1-5

**In Context:** *Read Psalm 103*

**Begin With Prayer:**

***Here I am Lord. I Am Listening.***

**Meditating On God’s Word:** ***(What is God speaking to your heart?)***

Praise the LORD, O my soul; all my inmost being, praise his holy name. Praise the LORD, O my soul, and forget not all his benefits-- who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's. Psalm 103:1-5 (NIV)

**Considering The Words:** ***(What words speak to your heart?)***

Praise the LORD, | O my soul; | all my | inmost being, | praise | his holy name. | Praise the LORD, | O my soul, | and | forget not | all | his benefits-- | who forgives | all | your sins | heals | all | your diseases, | who redeems | your life | from | the pit | and | crowns you | with love | and | compassion, | who satisfies | your desires | with | good things | so that | your youth | is renewed | like | the eagle's. Psalm 103:1-5 (NIV)

**Praying The Scripture:** ***(What prayer from your heart will you write?)***

Lord, you have done so much for me. I almost don't know where to begin to give thanks and praise to you. Except, I know I can start with your biggest gift. You have forgiven my sins and cleansed me of all my righteousness. You redeemed my life from the pit. Amen

**What It Means:** ***(What questions speak to your heart?)*** *(Suggested questions for small group discussion are in bold)*

When have you foolishly failed to remember what God has done for you?

**When have you known that God has both given and granted the desires of your heart?**

How has God demonstrated His love and compassion to you?

How has God redeemed your life from the pit so you could be forgiven your sins and healed of your diseases?

**When has God refreshed, renewed and revived your life so you could soar like an eagle?**

What happens to your faith when you remember to give thanks and praise to the Lord?

**What thanks and praise would you like to give to the Lord right now for all that He has done for you?**

**Living It Out:** ***(What action step is God guiding your heart to take?)***

Remember to give thanks and praise to the Lord for all that He has done for you.

**Seeing It Happen:** ***(What are you trusting God for in your heart?)***

Have faith that the Lord has done much for you for which you can give thanks and praise to Him.

**Get Ready To Share:** ***(What can you share with others from your heart?)***

Share with another person or your small group how you give thanks and praise to the Lord for all He has done for you.

**Close With Prayer:**

***Quiet Yourself Before The Lord***

*Pause And Offer Prayers Of...*

*With An Attitude Of Faith Listen To What The Lord Wants To Say To You*

Adoration... \_\_\_\_\_

Thanksgiving... \_\_\_\_\_

Confession... \_\_\_\_\_

Intercession... \_\_\_\_\_

Petition... \_\_\_\_\_

**Journal**

*As You Quiet Yourself Before The Lord*

**What Do You Want To Say To Me Lord?**

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**What Prayers Are You Praying Today?**

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**Prayer Of Blessing**

*(What Prayer Of Blessing Can You Pray For Another?)*

*May you remember and give thanks for all that the lord has done for you.*

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**Prayer To Carry**

*(What Prayer Would You Like To Carry Throughout Your Day?)*

*Lord, I will remember and give thanks for all that you have done for me.*

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**What Do You Want To Remember About Today?**

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**A Question To Ask God**

*(What Would You Like To Ask God?)*

*Lord, how can I remember and give thanks to you today for all you have done for me?*

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