

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)

Remembering

That is what I will do. **What will you do?** I will remember all that you have done for me. I won't quickly forget what you have done for me. I won't leave what you have done for me behind me as a distant memory. **What benefit is there in remembering all that I have done for you?** Remembering all that you have done for me will fill me with peace and hope and joy. Remembering all that you have done for me will fill my heart and mind and life with praise and worship and thanksgiving to you. Remembering all that you have done for me will encourage and strengthen my faith in you. Remembering all that you have done for me will help me to keep putting off my old life in the world and keep putting on my new life in you. **Yes, these are all benefits you will experience as you keep on remembering all that I have done for you.**

So, tell me now, what have I done for you? You rescued me from a life without you. You pulled me out of the muck and mire and set me on solid ground. You led me out of the darkness of this world and brought me into the light of your presence. You redeemed and healed my bruised and battered and broken life. You revived and refreshed and renewed and restored my soul. You have filled me with your Spirit. You set me on the path of life so I could love and follow and serve you. You adopted me into your family. You have made me to be your child. You gave my life purpose and meaning and hope. You have made me able to bear fruit for your kingdom. You have made me able to bring glory to your name. My old life without you is gone. My new life with you is here. You are now leading and guiding my life. My future is in your hands. **Yes, I have done and am doing all these things for you.**

What do you have to say about all that I have done for you? I am grateful and thankful, beyond any words that I can express. It is my joy to live my life with and for you. Thank you, for your kindness, mercy and love. You have filled my life with your goodness. I love you with all my heart and mind and soul and strength. **That is very good.**

Lord, I will take time to consider all you have done for me. You have richly blessed my life. I have an abundance of reasons to give my thanks and praise to you. You have redeemed, healed and blessed my life. You have helped me to love, follow and serve you. Amen

Becoming Like Christ *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

Becoming Like Christ *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

Becoming Like Christ *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

Becoming Like Christ *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

Becoming Like Christ *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

Becoming Like Christ *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

Becoming Like Christ *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

Becoming Like Christ *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

Becoming Like Christ *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

Becoming Like Christ *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

Year ____ Week ____ Day ____ Date ____

Becoming Like Christ – 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 | 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)

Praying The Scripture:

(What prayer from your heart will you write?)

Lord, I will take time to consider all you have done for me. You have richly blessed my life. I have an abundance of reasons to give my thanks and praise to you. You have redeemed, healed and blessed my life. You have helped me to love, follow and serve you. Amen

What It Means:

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

Why is it a very good and important activity to take time to remember all that the Lord has done for you?

How has your faith in the Lord been strengthened as you have recalled what He has done for you?

How have you been able to clearly recognize the Lord’s activity in your life as you have remembered His blessings?

How has the Lord redeemed and changed the entire course of your life?

What praise and thanks do you want to give to the Lord for all that He has done in your life?

How has the Lord been healing your life as you have loved, followed and served Him?

How has the Lord revived, refreshed and renewed you as you have followed Him?

Living It Out:

(What action step is God guiding your heart to take?)

Take time to remember and 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 it is well worth your time to give thanks and praise to the Lord for all He has done for you.

Get Ready To Share:

(What can you share with others from your heart?)

Share with another person or your small group what thanks and praise you would like to give to the Lord.

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?

What Prayers Are You Praying Today?

Prayer Of Blessing

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

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

Prayer To Carry

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

Lord, I will give thanks and praise to you for all that you have done for me.

What Do You Want To Remember About Today?

A Question To Ask God

(What Would You Like To Ask God?)

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