

DISCUSSION QUESTIONS

1. IN WHAT WAYS DO YOU NEED TO SPEAK TRUTH TO YOURSELF
INSTEAD OF LISTENING TO YOURSELF?

2. HAVE YOU FULLY EMBRACED GOD'S REDEMPTION AND FORGIVENESS? WHAT PICTURE OF FORGIVENESS RESONATES WITH YOU AND WHY?

3. WHAT ARE SOME SPECIFIC WAYS YOU CAN MORE CONSISTENTLY
PRAISE GOD FOR HIS MANY BENEFITS?



BLESS YAHWEH, O MY SOUL,
AND ALL THAT IS WITHIN ME, BLESS HIS HOLY NAME.
BLESS YAHWEH, 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.

PSALM 103:1-5

1. SPEAK TRUTH TO YOURSELF (V1-2)

PSALM 62:5-6; PSALM 42:11

- BLESS THE LORD

PSALM 16:8

- FORGET NONE OF HIS BENEFITS

PSALM 106:13-14; NEHEMIAH 9:17A; ISAIAH 57:11;
PSALM 105:5; 2 TIMOTHY 2:8

2. EMBRACE THE REDEMPTION AND FORGIVENESS

GOD OFFERS (V3A,4A)

ROMANS 3:10-12, 23; 2 CORINTHIANS 5:21; ROMANS 8:1; PSALM 103:12; COLOSSIAN 2:13-14

3. PRAISE GOD FOR HIS MANY BENEFITS (V3B-5)

PSALM 103:11, 17; PSALM 23:6; NEHEMIAH 9:17B; PSALM 31:7

PSALM 63:3; PSALM 136; PSALM 33:5; PSALM 103:13; ISAIAH 40:28-31