

Praise and Thanksgiving

Key Verse: "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."

Psalm 103:1-2

A. INTRODUCTION

Within the book of Psalms, a total of 33 chapters are dedicated to Praise & Thanksgiving, offering a profound insight into the Psalmists' hearts and their earnest desire to shower blessings upon God. Among these poetic expressions of gratitude, Psalm 103 emerges as an exquisite anthem of praise in the Bible. David, its author, skilfully commences and concludes with a heartfelt call to his own soul, urging it to continually bless God – a poignant reminder that even the depths of his praise feel inadequate. These chapters serve as a resonant reminder, affirming and reinforcing the reasons why God is undeniably worthy of our unceasing praise and worship.

This session is written in the Bible Discovery style, so there is no Main Point, but the style allows each person to uncover the richness of the Psalm for themselves.

B. WATCH VIDEO

1. Video: [INTRODUCTION to the Psalmify Series - Ps. Jonathan Mok](#) (3:50)

2. Other video resources

- [Book of Psalms Summary: A Complete Animated Overview by Bible Project](#) (8:58)
- [The Book of Psalms by Bible Project \(shorter version, 5:29\)](#)

2. Key thoughts of this study:

- Praise as our response to who He is (Posture) - To juxtapose man against God will ultimately reveal the brevity of man. Before we can begin praise, we must first kneel before the King lest we make ourselves greater than Him.
- Praise as a reminder (Weapon) - Despite our circumstances, our praise and gratitude can help us stay the course.
- Praise as our purpose in life (Worship) - There is something in all of us those desires to worship, God calls us to direct it to Him as our purpose in life as a symbol of our faith and obedience to Him.
- Call to action

C. BACKGROUND TO PSALM 103

In Psalm 103, the word which describes “Praise” (or “Bless”, depending on which translation you subscribe to), is known to be the Hebrew word *bāra*. This word is also used to describe the act of kneeling. This is a powerful picture of what it truly means to praise God, where we as His creation are called to humble ourselves before Him our creator. John the Baptist describes it this way: “He must increase, but I must decrease” (John 3:30). As we read through the Psalms, specifically 103, we can see that David’s view of himself is always exponentially lower than his view of God. This is fundamental because it reminds us that the only thing worthy of praise is found in a God who redeems, forgives, restores, loves and the list goes on. So, we as His creation, are called to praise with every part of our being, as our purpose and our response to our creator; but also as an expression of thankfulness as we remember who He is and what he’s done.

Moreover, we don’t know the circumstances in which the Psalm was written, but since David was a man who knew the grace and deliverance of God many times, it could have been written one of the many different times of his life.

However, Charles Spurgeon thought “We should attribute it to his later years when he had a higher sense of the preciousness of pardon, because a keener sense of sin, than in his younger days. His clear sense of the frailty of life indicates his weaker years, as also does the very fulness of his praiseful gratitude.”

D. DISCOVER THE PSALM YOURSELF USING FOUR QUESTIONS

- 1. What do you see?**
- 2. What does this say about God?**
- 3. What does this say about us?**
- 4. What is God saying to you?**

Read [Psalm 103](#) and answer the following questions. Break into groups of 3-4 people so everyone has a chance to share their personal insights from Scripture.

1. Look

What do you see?

Read Psalm 103, and see which scriptures stand out to you or catch your attention?

2. What does this say about God?

Discuss what these scriptures say about God or his plan.

3. What does this say about people (us)?

Read the passage once more. Discuss what this passage says about us.

4. What is God saying to you?

According to this Psalm, what am I doing well? What do I need to change?

For further reading see Psalm 30:11-12 and Phil 4:8. (Prompt: What's one thing about God that you want to remember more about and why?)

E. SUMMARY

F. PRAYER

Heavenly Father, Blessed be Your holy name, O Lord, for You are compassionate and gracious, slow to anger and abounding in love (Psalm 103:8). As I come before Your presence, I praise You for Your immeasurable mercy that reaches to the heavens. Thank You for not treating me as my sins deserve but for graciously forgiving and removing my transgressions as far as the east is from the west. Your love, described as a father's compassion for his children, assures me of Your intimate understanding of my weaknesses (Psalm 103:13-14).

I seek the strength to fear You, to walk in Your ways, and to keep Your covenant. Lord, help me tune my mind to the soundtrack of Your grace and drown out the broken soundtracks that seek to discourage and limit me. May Your righteousness guide my steps, and in moments of weakness, remind me of Your eternal love that endures from everlasting to everlasting (Psalm 103:17). I surrender my worries, fears, and overthinking to You, trusting in

Your sovereignty and guidance. Thank You for being my refuge and strength, surrounding me with Your steadfast love. In the name of Jesus, I pray. Amen.