

# Goldstone Church

## Small Group Questions

### *Psalm 103:1-12*

#### **Talk About**

- What animal best describes YOUR personality? Why did you choose this animal?
- Name as many of your great-grandparents that you can remember?
- What is the first thing that comes to mind when you think about the book of Psalms?
- If you had *not* become a Christian, how do you think your life would have been different?

#### **Read About**

- Who is indicated as the author of Psalm 103?
- What/who is directed to 'Praise the LORD' in v.1 and v.2? How is this relevant to us today?
- List the blessings the Psalmist identifies in v.3-5. Which one/s are you most grateful for?
- v.6-8 are a quotation from Exodus 34:6. Who spoke the original words, and to whom?
- v.8-12 focus on God's love towards us. How did God ultimately forgive our sins and remove them from us?

#### **Think About**

- What would you say to someone who says, "*I struggle to feel like praising God on a Sunday morning – I often feel tired, stressed out by what has happened during the week.*"
- Why do we often use the word 'worship' as a synonym for singing? Discuss other ways we can worship God.
- David starts and ends the psalm motivating himself to praise God. What practical ways stir up spiritual passion in your life when you are feeling apathetic? How can we follow David's lead and help one another to stay passionate for God?
- You could end by reading / memorizing Psalm 103:11-12.

## **Psalm 103:1-12**

of David

- 1 Praise the LORD, O my soul;  
all my inmost being, praise his holy name.
- 2 Praise the LORD, O my soul,  
and forget not all his benefits –
- 3 who forgives all your sins  
and heals all your diseases,
- 4 who redeems your life from the pit  
and crowns you with love and compassion,
- 5 who satisfies your desires with good things  
so that your youth is renewed like the eagle's.
- 6 The LORD works righteousness  
and justice for all the oppressed.
- 7 He made known his ways to Moses,  
his deeds to the people of Israel:
- 8 the LORD is compassionate and gracious,  
slow to anger, abounding in love.
- 9 He will not always accuse,  
nor will he harbour his anger for ever;
- 10 he does not treat us as our sins deserve  
or repay us according to our iniquities.
- 11 **For as high as the heavens are above the earth,  
so great is his love for those who fear him;**
- 12 **as far as the east is from the west,  
so far has he removed our transgressions from us.**