

# Psalm 103

by David

**Call to Praise - Let's sing blessings with all that is in us!**

1. Bless the Lord, O my soul,  
and all that is within me, bless his holy name!
2. Bless the Lord, O my soul,  
and do not forget all his kindnesses.

## **1. SAFE — For health and physical blessings**

3. who forgives all your sins,  
who heals all your diseases,
4. who delivers your life from the Pit,  
who crowns you with faithful love [*chesed*] and compassion,
5. who satisfies you with good  
so your youth is renewed like an eagle's.

## **2. SECURE — The way God rules: just, kind, compassionate, fair & forgiving**

6. The Lord does what is fair,  
and executes justice for all who are oppressed.
7. He revealed his ways to Moses,  
his deeds to the people of Israel.
8. Merciful and compassionate is the Lord  
slow to anger and abounding in faithful love [*chesed*].
9. He will not always chide,  
nor will he keep his anger forever.
10. He does not deal with us according to our sins,  
nor repay us according to our iniquities.

## **3. LOVED — The grace he shows when we constantly fail him**

11. For as high as the heavens are above the earth,  
so great is his faithful love [*chesed*] toward those committed to him;
12. As far as the east is from the west,  
so far has he removed our transgressions from us.
13. As a father shows compassion to his children,  
so the Lord shows compassion to those committed to him.
14. For he knows our frame;  
he remembers that we are dust.

## **4. ETERNAL VALUE — He gives us immortality, and our lives will count in his kingdom forever**

15. A person's life is like grass.  
Like a flower in the field it flourishes,
16. but when hot wind blows, it's gone,  
and no one even remembers its location
17. But the faithful love [*chesed*] of the Lord is from eternity to eternity for his faithful followers,  
and his faithfulness to their descendants,
18. to those who follow his covenant,  
who remember his commands.
19. The Lord has established his throne in heaven;  
his kingdom extends over everything.

## **Call for the whole universe to praise and bless the Lord**

20. Bless the Lord, you his angels of great strength,  
who do his word, obedient to his command.
21. Bless the Lord, all you his heavenly warriors,  
you servants of his who carry out his desires.
22. Bless the Lord, all that he has made  
in all the places of his kingdom.  
Bless the Lord, O my soul!