

Small group optional guide: God's Playlist – Psalm 103

UP; we grow in our love for Jesus through His word and worship

WORD: key message: This Psalm has one focus, one aim – to Bless and praise and glorify God alone.

We are in the 4th book in the book of Psalms; this covers Psalms 90 – 106 and marks a turning point answering the questions in books 1-3 with the message “God is King”

Psalm 103 is potentially the psalm that inspires the most songs to be written from it;

- Horatio Spafford; after losing his fortune, then his 4 daughters he wrote “It is well with my soul” inspired by psalm 103
- Numerous stories; (Yohan Grounman) Each moment the people were struck by one psalm as they sought to reason through what was going on and who God was...psalm 103

3 stages: Me // Us // All

1) Me: Oh my soul! 22 verses filled with 25 reasons to praise!

Q - what does David mean for his soul to bless God?

- It is not a search for silver linings/blessings to distract him.
- Blessing God with the mouth without the soul would be hypocrisy (Matthew 15:8)

David knows that danger, and he is preaching to himself. He is telling his soul not to let this happen. There are times I have much within me and there are times when I recognise I feel pretty empty, pretty void of much in there to rely on – yet still the call is to give it all.

- “Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself?”

David starts talking to himself. His soul had been depressing him, so he says, “Self, listen for moment, I will speak to you.”

Questions to discuss:

The cry from David is this – soul bless and glorify and praise God.

2) US - From v3 and especially v10 US/WE a psalm for the congregation, not just personal; this is for us to do

3) ALL - Although the Psalm starts personal, it is Davids expectation that it wont stay that way, but that the congregation will do as he is doing and speak to the soul to praise the living God.

Come on Soul, Come on Congregation, Come on Trees, Rivers, Oceans and Skies – glory in your God and forget not his benefits.

>> WARNING - Beware the Blessings When we take God's blessings, focus on them and not the God of grace who gave them, that is idolatry.

- How do I prevent that? Philippians 3:8
- Love God more than we love his gifts, and Love God more because of his gifts.

3 reasons to bless the lord:

- **Finitude;** v15 & 16 Whatever limits you (energy, sickness), you can resonate with being compared to the grass or flowers that are here and then gone. God made us unavoidably limited. And he uses our finitude to draw us back to him.
- **Fear:** David speaks of his fear of God 3 times as a reason to praise. How do I know if I fear the Lord? V18 tells us...keep his covenant, and do his commandments
- **Forgiveness:** Colossians 2:13-16

Conclusion: when we worship, enter through Christ, speak to your soul, worship with heart, soul and mouth!

WORSHIP: Praise the Lord / Raise A Hallelujah / 10,000 Reasons / - It Is Well with My Soul

Words:

- If you have drifted, know the grace of God again, return, repent, set your hope on Him and the gospel

