



Read It – Psalm 103 The Message
A David Psalm

1-2

O my soul, bless God.

From head to toe, I'll bless his holy name!

O my soul, bless God,

don't forget a single blessing!

3-5

He forgives your sins—every one.

He heals your diseases—every one.

He redeems you from hell—saves your life!

He crowns you with love and mercy—a paradise crown.

He wraps you in goodness—beauty eternal.

He renews your youth—you're always young in his presence.

LOOK

Number the 6 Blessings in the Psalm.

Draw a picture of yourself – beside the picture of YOURSELF, label how each Blessing would look on you.

LEARN

What do these 6 Blessings mean to you?

What do we learn about God?

What do we learn about our relationship with God?

LIFE

How about you? Think about what these 6 Blessings mean to you

Thank God for Forgiving YOUR sins, EVERY ONE.

Ask God to heal your diseases, EVERY ONE.

Thank God for redeeming and saving your life from hell.

Ask God to help you walk in His Love and Mercy.

Thank God for wrapping you up in His Goodness and Eternal Beauty.

Ask God to renew you in His Presence.

PRAY - *Think about what you just wrote down in each section.*

Ask God's Spirit to help you live out His TRUTH in your life.