



Week One

Day 5: Psalms of Praise

Praising God with all your Soul

Selah Moment: My God is gracious and compassionate. (Psalm 103:8)

God's Word is so powerful. When we read the Bible, we are reading the very words of God. Through the pages of Scripture, his words have the powerful ability to heal our hurts, and soothe our souls.

When I read Psalm 103, I am in awe of the amazing love and grace of our God. Each word of this song of praise shouts of his goodness, strengthening our inner beings. No wonder David exclaimed at the start of the Psalm, *Praise the Lord, O My Soul! All my inmost being, praise His holy name.* (Psalm 103:1)

Depending on the Bible translation you use, you may see the word *praise* or *bless* used in this passage. It is the Hebrew word *barak*, which means to bless, to kneel, or to praise*. Have you ever experienced God's presence in such a profound way that your entire being rejoiced in praise? In this Psalm, David speaks of praising the Lord with his soul – with every ounce of his being.

In other words, David commanded his body, soul, and spirit to exalt the Lord! When we think of God's goodness to us, his mercy, compassion, and unending love towards us, how can we not help but worship the Lord in the splendor of his holiness? (Psalm 96:9)

We can praise God with our entire beings because...

He forgives our sins (Psalm 103:3)

He heals us (Psalm 103:3)

He crowns us with love and compassion (Psalm 103:4)

He satisfies our desires with good things (Psalm 103:5)

He renews our youth like the eagles (Psalm 103:5)

He is compassionate and gracious (Psalm 103:8)

He is slow to anger and abounding in love (Psalm 103:8)

He does not treat us as our sins deserve (Psalm 103:10)

He has removed our transgressions from us (Psalm 103:12)

Praise the Lord!





Week One

Day 5: Psalms of Praise

Praising God with all your Soul (Cont'd)

Praising the Lord with our entire beings reminds me of God's command to the Israelites:

Love the Lord your God with all your heart, with all your soul, and with all your strength. (Deuteronomy 6:5)

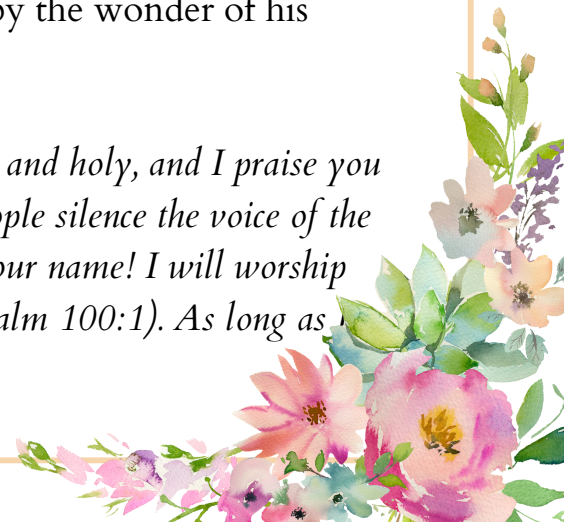
The word *soul* in this passage is the same Hebrew word used in Psalm 103:1. It means living being, the seat of emotions and passions, and the will and activity of the mind*.

How can we love God with our entire soul?

- We surrender our *minds* to God and make every thought captive to the obedience of Christ. (2 Corinthians 10:5)
- We surrender our *emotions* to the Lord, and praise him with joy—even through tears.
- We surrender our *desires*, knowing that when we delight ourselves in him, he will give us the desires of our heart. (Psalm 37:4)
- We surrender our *bodies* to him, raising hands and adoration, and allowing our bodies to be his dwelling place – a precious temple of the Lord. (1 Corinthians 6:19-20)

So today, allow God's love and compassion to flood your heart, and command your soul to praise His holy name! No matter what circumstances you find yourself in, may your inner being be forever captivated by the wonder of his amazing love!

Prayer: *Lord, I give thanks to you because you are righteous and holy, and I praise you for who you are. Your Word says that the praises of your people silence the voice of the enemy (Psalm 8:2), therefore I open my mouth and glorify your name! I will worship you with gladness and come before you with joyful songs (Psalm 100:1). As long as live, may I continue to glorify your name. Amen.*





Week One

Day 5: Psalm 103

Read It: Read Psalm 103 in your Bible or in the space below.

Psalm 103

(NIV)

A psalm of David.

Praise the Lord, my soul;
all my inmost being, praise his holy name.
2 Praise the Lord, 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 harbor his anger forever;
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.
13 As a father has compassion on his children,
so the Lord has compassion on those who fear
him;
14 for he knows how we are formed,
he remembers that we are dust.

15 The life of mortals is like grass,
they flourish like a flower of the field;
16 the wind blows over it and it is gone,
and its place remembers it no more.
17 But from everlasting to everlasting
the Lord's love is with those who fear
him,
and his righteousness with their children's
children—
18 with those who keep his covenant
and remember to obey his precepts.
19 The Lord has established his throne in
heaven,
and his kingdom rules over all.
20 Praise the Lord, you his angels,
you mighty ones who do his bidding,
who obey his word.
21 Praise the Lord, all his heavenly hosts,
you his servants who do his will.
22 Praise the Lord, all his works
everywhere in his dominion.
Praise the Lord, my soul.





Week One

Day 5: Psalm 103

Write It: Psalm 103 beautifully outlines the gracious and loving character of God. Write down at least five attributes of God from Psalm 103 that stand out to you.

Map It: Circle or highlight any words or phrases from Psalm 103 that you want to investigate further. Which truth from this Psalm do you most need to be reminded of today?

Cross Reference: Read Psalm 30:5. How does this passage remind you of Psalm 103:8-12?





Week One
Day 5: Psalm 103

Power Proclamation: Write down at least three truths from Psalm 103 in your own words below. Proclaim the power of God's Word over your life today!

Pray: Write down a prayer of praise according to the attributes of God that you listed earlier. Use inspiration from Psalm 103 to guide your prayer.

Lord, I praise you because...



[illegible]



Psalm 103 Bible Journaling Activity

Draw or paint a picture of clouds in the sky. If you like, use the image below. Write down Psalm 103:11-12 in the picture of the sky, as a reminder of how high God love is for you--higher than the heavens!

*For as high as the heavens are above the earth,
so great is his love for those who fear him;
Psalm 103:11*





Sources

Introduction

1. *selah* definition- <https://www.christianity.com/wiki/christian-terms/what-does-selah-mean-in-the-bible.html>
2. *selah* definition- <https://www.gotquestions.org/selah.html>

Week One

1. *How Great Thou Art* lyrics-https://en.wikipedia.org/wiki/How_Great_Thou_Art

Week Two

1. *intercede* Greek definition- <https://www.blueletterbible.org/lexicon/g1793/kjv/tr/0-1/>

Week Three

1. *blessing* Hebrew definition- <https://www.blueletterbible.org/lexicon/h1293/kjv/wlc/0-1/>
2. *bless* Hebrew definition-<https://www.blueletterbible.org/lexicon/h835/kjv/wlc/0-1/>
3. *glory* Hebrew definition-<https://www.blueletterbible.org/lexicon/h3519/kjv/wlc/0-1/>
4. *vindication* Hebrew definition-<https://www.blueletterbible.org/lexicon/h3519/kjv/wlc/0-1/>

Week Four

1. *portion* Hebrew definition-https://www.blueletterbible.org/kjv/psa/16/5/t_conc_494005
2. *lot* Hebrew definition-<https://www.blueletterbible.org/lexicon/h1486/kjv/wlc/0-1/>
3. *joy* Hebrew definition-<https://www.blueletterbible.org/lexicon/h8057/kjv/wlc/0-1/>
4. *spacious* Hebrew definition-<https://www.blueletterbible.org/lexicon/h4800/kjv/wlc/0-1/>



© 2021 Garments of Splendor

For personal use only.

If you would like to use this Bible study in a group setting, please contact
me at christin@garmentsofsplendor.com