

SMALL GROUP/E-GROUP LESSON NO. 13

Sermon Series : “PONDERING ON THE PSALMS”

Message Title : “BLESSED: LIVING A LIFE OF PRAISE...”

Message Text : Psalm 103

BACKGROUND/INTRODUCTION:

Psalm 103 is a prayer of David calling on all creation to praise the Lord. In this psalm, David also enumerates the many reasons why we are to live a life of praising the Lord our God.

A. PASS YOUR STORY (WELCOME)

- 1). *Share one or two things that you are thanking the Lord at this particular point in your life. Or complete the sentence: “I praise the Lord today because He.....”*

B. PONDER THE PSALMS! (WORD TIME)

- 1) *Ask three people to read Psalm 103.*
- 2) *Who are those the psalmist are exhorting/calling to praise the Lord our God? (vv. 1, 20-22)*
 - a. *The psalmist or all believers - v. 1 “...my soul”*
 - b. *His angels- v. 20, might refer to elite group of angels (i.e. Angel Michael, Dan. 10; Angel Gabriel, Luke 1)*
 - c. *All His heavenly hosts - v. 21*
 - d. *All His works - v. 22, that is all His creation*
- 3) *Why did David exhort us NOT TO FORGET the Lord? Why is forgetfulness a deadly disease of believers? (See Deut. 8: 10-20; Jer. 18:15; Isa. 51:13)*
- 4) *According to David, these are the benefits/blessings that should motivate us, believers, to live a life of praising God (vv. 2-19):*
 - a. *He forgives our sins - v. 3*
 - b. *He heals our diseases - v. 3*
 - c. *He protects us from danger/harm - v. 4*
 - d. *He is loving and merciful to us - v. 4*
 - e. *He lets us enjoy life's good things - v. 5*
 - f. *He is just and righteous - v. 6*
 - g. *He is a faithful and loyal God to His people - vv. 7-18*
 - h. *He is the Creator & Supreme Ruler of all – v. 19*
- 5) *From these blessings, which is the most meaningful or important to you personally? Why?*

- 6) *What is it that at this moment is preventing you to praise the Lord? Is there a valid reason that should stop us from being grateful to the Lord in this life (Acts 16: 22-25; Job 1: 20-21)?*

C. PRAISE & WORSHIP THE LORD! (PRAYER TIME)

- 1) *Ask each one to pray a prayer of praise and thanksgiving to God for WHO HE IS to us & WHAT HE DOES for His people!*
- 2) *Pray for one another's needs.*

D. PASS THE STORY TO OTHERS! (WITNESS/VISION TIME)

- 1) *Share the “3-I VISION” – Identify, Intercede & Invest!*
- 2) *Talk and discuss about your evangelistic plans and activities in the future. Talk and discuss how you can invite more guests into your group.*