**Psalm 103 – Don’t forget His benefits! Leader’s Notes**

**Read Psalm 103:1-5**

**1) Psalm 103:1 is said to be the very center verse of the whole Old Testament. What do you think might be the central verse of the New Testament?**

**2) How big a part of your life is praising God? Once a week? Once a day? Many times a day? When and how do you praise God? What’s your favorite praise song?**

**3) What do you think about the idea of talking to your soul? Is it something you would recommend to others? Is it weird and theologically sketchy? If you agree with the idea, who exactly is talking to the soul?**

**4) How important to you are health care benefits? How important to you are spiritual benefits of believing in God and following Him?**

**5) Look at the whole psalm 103. What spiritual benefits are described in this psalm?**

He forgives all your sins. (v.3) He heals you. (v.3)

He redeems you. (v.4) He crowns you with love and compassion. (v.4,8)

He satisfies your desires. (v.5) He gives you new energy to keep going. (v.5)

**6) Read Luke 7:47. How important is forgiveness of sins to you? How does or should our understanding of forgiveness change us?**

**7) Is it harder to believe God forgives you or harder to forgive yourself?**

**8) What’s the difference between forgiveness of sin and the impression of sin left in our memory banks?** (We go back over the deep impression left by transgressions in our life and we feel just as guilty. It’s as if the sin never left. But be encouraged, the impression of sin is not the same thing as sin…will you continue to work over forgiven sin as with a pencil? Or will you trust God for complete forgiveness?)

**9) How do you see the connection between forgiveness of sin and physical healing? Read James 5:14. Do you believe God still heals physical disease today?**

**10) Read 103:4. Share a story when God delivered you out of a pit.**

**11) How does psalm 103:8 help explain 103:4 and 103:13?** That’s who God is. Compassion and love flow from Him to us because those qualities are in him. God is love and God loves us.

**12) What’s something good that God has brought into your life that gives you joy and makes you want to praise and thank God for?**