



Welcome

Where is the most beautiful place you have visited that took your breath away and why? What was it that made it so memorable?

On Sunday we looked at **Psalm 103** and how David had to speak to his own soul to remember what God had done for him, to reorient himself towards God again. To remember God's "benefits package".

David talks to himself.... **Read verses 1-5**

- Which of the blessings mentioned stir you up today to praise God? Which speaks most powerfully to you?
- Do you think you can remember to not forget?
- What do you think David is trying to get at here?

How does remembering what God has done in history – not just your own life, but in the lives of others – encourage you? Give examples if you can.

Read verses 6-18

Part of verses 7-8 refer back to Moses' encounter with God in person.

Read Exodus 33:18-23 and Exodus 34: 1-8

- What did Moses witness on the mountain that is echoed in this Psalm?
- How can reflecting on God's character and attributes help to bring us back to what is real and true?
- How do the analogies David uses encourage you in your walk with God?

Read verses 19-22

David moves from speaking to himself to expanding it to the whole of creation.

- How does speaking truth to our inmost being, our soul, reorient us to God?
- Why does it work? When was the last time you had a conversation with yourself?

Prayer:

Try praying the alphabet using each letter to declared God's character and greatness. E.g. God you are **A**lmighty, God you are **B**reathtaking, God you are **C**ompassionate