

Psalm 103, 72

"Praise the LORD, O my soul" Ps 103:1

Day 1

Read Psalm 103:1-12

FYI: "As in the lofty Alps, where one peak rises above all others, so among the inspired Psalms there are heights of song that top the rest. Psalm 103 is the Mount Rosa of the divine chain of the mountains of praise." - Charles Spurgeon

"Admiring gratitude shines through every line of this hymn to the God of all grace." - Timothy Keller (196,197)

Personal blessings

1. What does David say to do in verse 1-2? How would you describe the mood/tone of this psalm?

- How would you explain "*all that is within me?*" (NIV - "*all my inmost being*")

IT'S HEBREW TO ME: "Bless" Strong's #1288 – barak – *to kneel; by implication to bless God (as an act of adoration)*"
- Strong's Concordance

"Praise is an expression of approval or admiration, of gratitude and devotion for blessings received...Praise of God is the acknowledging of His perfections, works, and benefits."
- *The New Unger's Bible Dictionary.*

2. Underline ways we can praise and bring praise to God.

- Ps 9:1-3 I will praise you, O LORD, with all my heart; I will tell of all your wonders. I will be glad and rejoice in you; I will sing praise to your name, O Most High. NIV
- Ps 26:7 proclaiming aloud your praise and telling of all your wonderful deeds. NIV
- Ps 46:10 "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." NIV
- Ps 47:1 Clap your hands, all you nations; shout to God with cries of joy. NIV
- Ps 96:2-4 Sing to the LORD, bless His name; Proclaim good tidings of His salvation from day to day. Tell of His glory among the nations, His wonderful deeds among all the peoples. For great is the LORD and greatly to be praised; NASU
- Ps 51:15 O Lord, open my lips, and my mouth will declare your praise. NIV
- Ps 105:2 Sing to him, sing praise to him; tell of all his wonderful acts. NIV
- Hebrews 13:15 Through Jesus, therefore, let us continually offer to God a sacrifice of praise - the fruit of lips that confess his name. NIV
- Romans 15:7 Accept one another, then, just as Christ accepted you, in order to bring praise to God. NIV
- 2 Corinthians 9:13 Because of the service by which you have proved yourselves, men will praise God for the obedience that accompanies your confession of the gospel of Christ, and for your generosity in sharing with them and with everyone else. NIV

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3. List the benefits David encouraged the reader to remember.

v. 3a -

v. 3b -

v. 4a -

v. 4b -

v. 5 -

v. 6 -

FYI: "Forgetting God in the Hebrew mind was a willful act of 'unlearning,' whereby rebellious humans rejected what they had known and sought to create a world in which God did not act or exist." - Archeological Study Bible (792)

4. Which benefit appeals to you the most? Why?

Blessings on God's people

5. What continual reminder did the Israelites have of God's blessings and deliverance for the nation? 103:7

- What did God want those experiences to teach them? Deut. 8:2-3
(Read Psalm 106 for an extended recounting of God's dealings with Moses and Israel.)

Digging Deeper

Identify some of the surprising ways God made Himself known to Moses.

Exodus 3:1-2

Exodus 24:15-18

Exodus 33:7-11

6. What are some ways God makes Himself known to us?

- Romans 1:20
- John 14:6-7
- John 14:16,17,26
- 2 Timothy 3:15

7. What does the psalmist say about:

- God's anger (v. 8-9)
- Our transgressions/sins (v.10,12)
- God's lovingkindness (v.8, 11)

8. Psalm 103:11-13 give visuals of how God responds to us. Which picture is your favorite? Why?

Applying the Word: In view of Gods mercy and grace (vv. 8-12) toward us, what could you do today to give that same mercy and grace toward someone you know?" How different would that be than treating them as he or she deserves? What impact do you think would bringing grace into the situation have?

Day 2

Read Psalm 103:13-22

God's compassion

9. What does God's compassion take into consideration? 103:14-16

- How does our frailty compare with His love? 103:17

FYI: "We are fragile, but God's care is eternal. Too often we focus on God as judge and lawgiver, ignoring his compassion and concern for us. When God examines our lives, he remembers our human condition. Our weakness should never be used as a justification for sin. His mercy takes everything into account. God will deal with you compassionately. Trust Him."
- Life Application Bible NIV (1016)

10. What conditions were given for full enjoyment of God's blessings? 103:17,18 (See Deuteronomy 28:1-14 for a list of the blessings God promised Israel when they followed His commands.)

11. What does Psalm 103 teach about the “fear of the Lord?”

- v. 11
- v. 13
- v. 17

IT'S HEBREW TO ME: “*Fear* Strong’s #3373 – *yare’* – fearing, morally, reverent” - Strong’s Concordance

“The fear of God is of several kinds: superstitious, which is the fruit of ignorance; servile, which leads to abstinence from many sins through apprehension of punishment; and filial, which has its spring in love and prompts to care not to offend God and to endeavor in all things to please Him.” - The New Unger's Bible Dictionary

12. Underline what is associated with the *fear of the Lord* in the following verses:

- Exodus 20:20 Moses said to the people, "Do not be afraid. God has come to test you, so that the fear of God will be with you to keep you from sinning." NIV
- Exodus 14:31 when the Israelites saw the great power the LORD displayed against the Egyptians, the people feared the LORD and put their trust in Him and in Moses his servant. NIV
- Deuteronomy 10:12 And now, O Israel, what does the LORD your God ask of you but to fear the LORD your God, to walk in all his ways, to love him, to serve the LORD your God with all your heart and with all your soul, NIV
- Job 28:28 And he said to man, 'The fear of the Lord-that is wisdom, and to shun evil is understanding.' NIV
- Psalm 31:19 How great is your goodness, which you have stored up for those who fear you, which you bestow in the sight of men on those who take refuge in you. NIV
- Psalm 33:18 But the eyes of the LORD are on those who fear him, on those whose hope is in his unfailing love, NIV
- Psalm 34:9 Fear the LORD, you his saints, for those who fear him lack nothing. NIV
- Psalm 86:11 Teach me your way, O LORD, and I will walk in your truth; give me an undivided heart, that I may fear your name. NIV
- Psalm 111:10 The fear of the LORD is the beginning of wisdom; all who follow his precepts have good understanding. To him belongs eternal praise. NIV
- Psalm 115:11 You who fear him, trust in the LORD--he is their help and shield. NIV
- Psalm 130:3-4 If you, O LORD, kept a record of sins, O Lord, who could stand? But with you there is forgiveness; therefore you are feared. NIV
- Psalm 135:20 O house of Levi, praise the LORD; you who fear him, praise the LORD. NIV
- Psalm 145:19 He fulfills the desires of those who fear him; he hears their cry and saves them. NIV
- Psalm 147:11 the LORD delights in those who fear him, who put their hope in his unfailing love. NIV

- Proverbs 8:13 To fear the LORD is to hate evil; NIV
- Proverbs 14:2 - He whose walk is upright fears the LORD, but he whose ways are devious despises him.
- Proverbs 14:27 The fear of the LORD is a fountain of life, turning a man from the snares of death. NIV
- Proverbs 15:33 The fear of the LORD teaches a man wisdom, NIV
- Malachi 3:16 ...A scroll of remembrance was written in his presence concerning those who feared the Lord and honored his name.
- Luke 1:50 His mercy extends to those who fear him, from generation to generation. NIV
- Acts 10:34-35 God does not show favoritism but accepts men from every nation who fear him and do what is right. NIV

13. Underline the reasons given in the following for not fearing.

- Isaiah 41:10 So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. NIV
- John 14:27 Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. NIV
- 1 John 4:16,18 And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in him...18 There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. NIV

14. From what you've read in questions 12 and 13, how would you explain the "*fear of the Lord?*"

Praise the Lord

15. What understanding is the foundational to praising the Lord? 103:19 (Compare Ephesians 1:20-23)

16. The psalmist helps us consider "all" of God's creation. Whom does the psalmist call to "Bless the LORD?"

- Vs. 20
- Vs. 21
- Vs. 22 (Compare Psalm 150:6; Isaiah 44:23)

17. Read through the psalm and write down some of the qualities of God that are given.

- Read through the psalm and write down some of the descriptions of man that are given.

- What does this make you appreciate the most about the relationship God wants to have with you?

Digging Deeper

In the chart on the next page are names of God that are revealed in the Bible. Record any responses or thoughts that you have to these names.

Circle the name that impacts you the most. How will remembering that name help you today?

Applying the Word: If we were to bless the LORD with *all that is within us* (103:1) and in all places of His dominion (103:22), how would that change us?

Name of God	Meaning	Response
EL ROI	The God Who Sees Me (Gen. 16:11-14; Psalm 139:7-12)	<i>Thank you, God. You know exactly what is going on in my life right now. You know my pain, my struggles and fears. I know that you love me.</i>
ADONAI	The Lord; My Great Lord (Psalm 8; Isa. 40:3-5; Ezekiel 16:8; Hab. 3:19)	<i>I praise You, LORD! You are great!</i>
ELOHIM	The All-Powerful One Creator (Gen. 1:1-3; Deut. 10:17; Psalm 68; Mark 13:19)	
EL OLAM	The Eternal God The Everlasting God (Gen. 21:33; Psalm 90:1-2; Isaiah 40:28; Rom 1:20)	
YHWH	"I AM" The One Who Is; The Self-Existent One (Exodus 3:14; Malachi 3:6)	
JEHOVAH SHALOM	The Lord is Peace (Num. 6:22-27; Judges 6:22- 24; Isaiah 9:6; Heb. 13:20)	
JEHOVAH ROHI	The Lord is My Shepherd (Psalm 23:1-3; Isaiah 53:6; John 10:14-18; Heb. 13:20; Rev. 7:17)	
JEHOVAH RAPHA	The Lord Who Heals (Exodus 15:25-27; Psalm 103:3; Psalm 147:3; 1 Peter 2:24)	
JEHOVAH JIREH	The Lord will Provide (Gen 22:13, 14; Psalm 23; Mark 10:45; Romans 8:2)	
JEHOVAH TSIDKENU	The Lord Our Righteousness (Jer. 23:5-6; 33:16; Ezekiel 36:26-27; 2 Cor 5:21)	
IMMANUEL	God With Us "I AM" (Isa. 7:14; 8:8-10; Matt. 1:23)	

Day 3

Read Psalm 72:1-2

Messianic Psalms "survey the reigns of earthly kings and look forward to the promise of the heavenly king, who would be Jesus Christ, the Messiah."
- The Africa Bible Commentary

"The New Testament writers refer to the book of Psalms more often than any other book of the Old Testament. This tells the reader that one major focus of the psalms is the work of the Messiah and His kingdom. Since Christ had not yet appeared, He is spoken of generally in types and shadows in the character of the Davidic king. In some psalms, however, traditionally called 'messianic psalms,' Christ is spoken of directly and clearly. These messianic psalms include Psalms 2, 22, 45, 72 and 110." - Benjamin Shaw <http://www.ligonier.org/learn/articles/psalms/>

"[The Psalms] are...useful for teaching and confirming that Jesus is the Christ or Messiah. Note the use Jesus made of them ([Luke 24:44-47](#)), and also Peter's use of them in his first gospel sermon ([Acts 2:25-28,34-35](#))."
<http://www.blueletterbible.org/study/eo/Psa/Psa000.cfm>

"Genesis 3 tells us of the day that Adam and Eve first sinned. God did not leave them to their doom, but visited them on the evening of the worst day in history in order to redeem them. God spoke with them, cursed Satan, pronounced pain in childbearing, cursed the ground, told them they would return to dust, covered them with the skin of an animal and drove them from the garden. But one small sentence spoken to Satan in Genesis 3:15 changed everything.

'I will put enmity between you and the woman, and between your offspring and her offspring, he shall bruise your head, and you shall bruise his heel.'

Buried in this strange sentence is God's plan for salvation. An offspring, or 'seed' of the woman was coming that would deal Satan a mortal blow—a head wound. For thousands of years God's people longed to know who he was. The writers of the OT alluded to him, the people looked for him until angels, shepherds and men from the east announced He had come. The Psalms are filled with references to this one who was to come."

<http://www.christiananswers.net/dictionary/messiah.html>

18. Who is the Psalm written concerning?

19. Who was Solomon? What were his first steps as a ruler? (See: 1 Kings 3:5-15)

"When Solomon came to the throne the Messianic desires and hopes of Israel were directed towards him, as Psalm 72 shows...But it soon became evident that...the full realization of the idea of the Messiah...had not appeared in the person of Solomon." - Dr. Constable's Notes on Psalms

20. What was Solomon's reign like? (See: 1 Kings 4:29-34; 1 Kings 6:37-38; 1 Kings 10:23-27)

21. What was the end of his reign like? (See: 1 Kings 11:1-13)

Applying the Word: Psalm 72 is a coronation prayer laying out what the reign of a perfect king would look like. Solomon started out looking like he would fulfill the longings of the prayer his father David wrote, but he failed because of his sexual addiction. His failure destroyed the hopes of his nation. What snares are tripping you up in fulfilling what God has called you to? What safeguards can you put in your life to finish well?

Day 4

Read Psalm 72:3-20

22. Fill in the chart below with the characteristics of the Divine King.

	Israel's Perfect King	Jesus
The Blessings of his reign	Ps. 72:3, 6, 7, 15, 16	John 6:35; 7:37-38
The Compassion of his reign	Ps. 72:4, 12-14	Matthew 8:16-17; 9:36; 14:14

The Duration of his reign.	Ps. 72:5, 17a	Luke 1:30-33
The Extent of his reign	Ps. 72: 8-11, 17b	Matt. 2:1-2, 8:11; John 12:32; Luke 17:20-21

23. List what the writer praises God for:

v. 18a

v. 18b

v.19a

v.19b

24. Does Solomon or Jesus deserve this praise?

Applying the Word: *Historically how did Kings usually rule? Can you name any kings in history that fulfilled the description in this Psalm? What are the signs that people are well governed? When your country's leaders fail you, remember a perfect King is coming. And until then Paul has some wonderful words he gave to a young church leader named Timothy. 1 Timothy 2:1-2: "I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people— for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness."*

Spend time with God praying for your earthly rulers that they can more closely resemble our perfect King.