

Preach to Your Soul

Scripture: Psalm 103

As we walk through seasons where our hearts are prone to drift, Psalm 103 calls us to begin by preaching what is true about God to our own souls.

How do you preach to your soul?

1. Start by speaking to your soul – vv. 1-2
2. Remind yourself what God has done – vv. 3-5
3. Anchor yourself in who God is – vv. 6-12
4. Rest in God's compassion – vv. 13-14
5. Recognize what lasts – vv. 15-18
6. Join the praise of all creation – vv. 19-22

ONE THING

When we forget who God is, our view of Him shrinks.
Intentional praise brings it back into focus.

Life Group Guide

For the week of May 3, 2026

God is always teaching us through his Word, the Bible. As we read through the Old Testament in 2026, we invite you to read along in the YouVersion app through The Bible Recap reading plan. Our sermons will follow along with the readings. May God bless us as we read his Word together as a church family!

1. Psalm 103 calls us to bless and praise God, not forgetting all his benefits. What five benefits of God do you see in verses 3-5?

2. As you read through verses 6-14, what personal and gracious things do you see that God has done and will do for his children? How is that encouraging to you?

3. David contrasts our frail and finite nature with God's infinite love and rule in verses 15-19. What is David trying to teach us to remember through these verses?

4. What is one key truth that encourages you in Psalm 103?

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