

Our memory verse for this week is **Psalm 103:8**—“*The Lord is merciful and gracious, slow to anger and abounding in steadfast love.*” God is *gracious* and *merciful*. In your own words, define these terms. What is *grace*? What is *mercy*?

Read **Psalm 103:1-5** and discuss the following.

David, the writer of this psalm, expresses his desire to “*bless the Lord.*” What does it mean to “*bless the Lord*”? How can one do this? How might David have answered this question?

What are some potential dangers of spiritual forgetfulness? List as many as you think of. Have you experienced any of these?

David lists many gracious benefits that freely flow from the Lord’s hand. Which of these are you most prone to forget? Which do most need reminded of today?

Now read **Psalm 103:6-14** and discuss the following.

How are Moses and the people of Israel examples of God’s grace and mercy in spite of human forgetfulness? Explain.

Consider the imagery of this passage. What is the psalmist communicating to us? Do you ever struggle believing *all* of your sins have been forgiven? How can you combat such thoughts with truth?

Verse 14 makes it clear that God knows us better than we know ourselves. How is this a blessed thought? Explain.

Finally, read **Psalm 103:15-22** and discuss the following.

How does David contrast man with God? What role does this kind of reflection play in helping us “*bless the Lord*”? Why is knowing our limitations a good thing? What risks accompany the alternative? Explain.

How can you (*how do you*) regularly remind yourself of the gospel? What are some tangible actions/rhythms that have proved most helpful in combatting spiritual forgetfulness?

What’s life like for us as recipients of God’s unmerited grace and mercy? How should this tangibly mark our everyday lives?

What about this discussion has most comforted and/or convicted you personally?