



Title | Benefits  
Series | SONGS FOR THE ANXIOUS HEART  
Text | Psalm 103:1-5  
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# Sermon Notes

Psalm 103:1 *Of David.* Bless the

LORD, O my soul, and all that is

within me, bless his holy name!

**2** Bless the LORD, O my soul, and

forget not all his benefits, **3** who

forgives all your iniquity, who heals all

your diseases, **4** who redeems your

life from the pit, who crowns you with

steadfast love and mercy, **5** who

satisfies you with good so that your

youth is renewed like the eagle's.

*ESV*

## Big Idea:

Text questions during the sermon: 623-850-8809

Psalm 103:2

Bless the LORD, O my soul, and  
forget not all his benefits,

*ESV*

## For Reflection & Application:

### Monday:

Read Psalm 103:1-2. What is the relationship between “bless the Lord” and “forget not all his benefits”?

### Tuesday:

Compare Psalm 103:1-2 and Philippians 4:6-7. What does remembering and being thankful for the Lord’s benefits have to do with dealing with anxiety?

### Wednesday:

According to Psalm 103:3, what is one of the benefits of the Lord? Specifically, how does this apply to you? Take a moment to bless or thank the Lord for this benefit.

### Thursday:

According to Psalm 103:4, what is one of the benefits of the Lord? Specifically, how does this apply to you? Take a moment to bless or thank the Lord for this benefit.

### Friday:

According to Psalm 103:5, what is one of the benefits of the Lord? Specifically, how does this apply to you? Take a moment to bless or thank the Lord for this benefit.

### Daily Prayer:

Lord, how quickly I forget all your benefits and take you for granted. Forgive me. I thank you, Lord, for forgiving my sin. I thank you for lifting me up from trouble. I thank you for satisfying me with good as my Shepherd. Amen.