



Title | The Calves and the Calve Nots  
Series | SONGS FOR THE ANXIOUS HEART  
Text | Psalm 103:6-14  
By | Bob Kerrey  
Date | October 28, 2018

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# Sermon Notes

**Psalm 103:6** The LORD works righteousness and justice for all who are oppressed. **7** He made known his ways to Moses, his acts to the people of Israel. **8** The LORD is merciful and gracious, slow to anger and abounding in steadfast love. **9** He will not always chide, nor will he keep his anger forever. **10** He does not deal with us according to our sins, nor repay us according to our iniquities. **11** For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him; **12** as far as the east is from the west, so far does he remove our transgressions from us. **13** As a father shows compassion to his children, so the LORD shows compassion to those who fear him. **14** For he knows our frame; he remembers that we are dust.

*ESV*

## Big Idea:

Text questions during the sermon: 623-850-8809

### Psalm 103:8

The LORD is merciful and gracious, slow to anger and abounding in steadfast love.

*ESV*

## For Reflection & Application:

### Monday:

Read Psalm 103:6-7. How had God made his ways known to Moses and the people of Israel? Examples: Exodus 12:29-51; 13:17-22; 14:1-30; 15:22-27; 16:1-21; 17:1-7.

### Tuesday:

If God made his way known to you personally the same way he did with Moses and Israel (see Psalm 103:6-7 and the Exodus verses from Monday), do you think it would help you trust God more and not be so anxious? Why or why not?

### Wednesday:

According to Exodus 32:1-4, a very short time after God made his ways known to the people of Israel, what did they do? Why do you think they did it? In what ways do we face similar temptation today?

### Thursday:

In the aftermath of what the Israelites did in Exodus 32:1-4, Moses seeks the Lord for what to do with the people. Among other things, the Lord says something important in Exodus 34:6, which is quoted by David in Psalm 103:8. Why do you think David quotes this? How does this help with worry?

### Friday:

Read Psalm 103:6-14. To what extent does knowing the historical background of these verses (from Monday through Thursday) change your view of them? What questionable choices have you made in the past that invite you to worry? How does the encouragement of David in Psalm 103:6-14 relate to you?

### Daily Prayer:

Lord, you often call me to wait for you by faith. And the waiting is not easy. I confess, I have chosen easy instead of you. Forgive me. I am humbled that, by your grace and steadfast love, you're still ready and waiting and willing for me to choose you. Gratefully, I do choose you now. Amen.