

Scripture Lesson: Psalm 103

Take turns reading the scripture lesson out loud as a family.

¹ Bless the Lord, O my soul,
and all that is within me,
bless his holy name.

Bless the Lord, O my soul,
and do not forget 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 as long as you live
so that your youth is renewed like the eagle's.

⁶ The Lord works vindication
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 accuse,
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 the heavens are high 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 he removes our transgressions from us.

¹³ As a father has compassion for his children,
so the Lord has compassion for those who fear him.

¹⁴ For he knows how we were made;
he remembers that we are dust.

¹⁵ As for mortals, their days are like grass;
they flourish like a flower of the field;

¹⁶ for the wind passes over it, and it is gone,
and its place knows it no more.

¹⁷ But the steadfast love of the Lord is from everlasting to everlasting
on those who fear him,
and his righteousness to children's children,

¹⁸ to those who keep his covenant
and remember to do his commandments.
¹⁹ The Lord has established his throne in the heavens,
and his kingdom rules over all.
²⁰ Bless the Lord, O you his angels,
you mighty ones who do his bidding,
obedient to his spoken word.
²¹ Bless the Lord, all his hosts,
his ministers that do his will.
²² Bless the Lord, all his works,
in all places of his dominion.
Bless the Lord, O my soul.

ACTIVITY! Words, words, words

Attached to this lesson plan you will find a word find and a cross word puzzle. Feel free to do one or both.

Question Time!

Discuss the following questions when you are done with the activities.

- What do you think about this psalm?
- What do you think the author of this psalm is feeling?
- What do you think they wrote it about?
- How does the author feel about God?
- Does God make the author feel safe? How?
- What are words or images that repeat themselves in the psalm?

Reflection Time:

(Read out loud) What are some things that always have an end? (Spend some time sharing answers and thoughts with one another) There are lots of things that have an end. All TV shows have a last episode. Every pizza has a last slice. Every glass of water has that last sip. Every day has that last moment. Every sunset has that last ray of light.

Psalm 103 knows how many things have limits in the world, because pretty much everything has an end. Except for one thing – God. There is no end to God because God always was and always will be. That is what makes God, God. And that is what makes God loving us so amazing. Psalm

103 says that God's love is "steadfast" and "everlasting to everlasting". That means God has loved us always, and will always love us. That is something that will not end.

ACTIVITY! Psalm Writing

Psalms are like poems to God, so we are going to write our own letter or poem to God. Write a poem or letter about things that have an end and compare them to God's love which has no end.

Prayer:

Please pray this in unison or as a repeat-after-me prayer.

Loving God, thank you for being with us, beside us, and all around us. Thank you for guiding us and for helping us. Thank you for loving us always. In Jesus' name we pray, AMEN.

Psalm 103

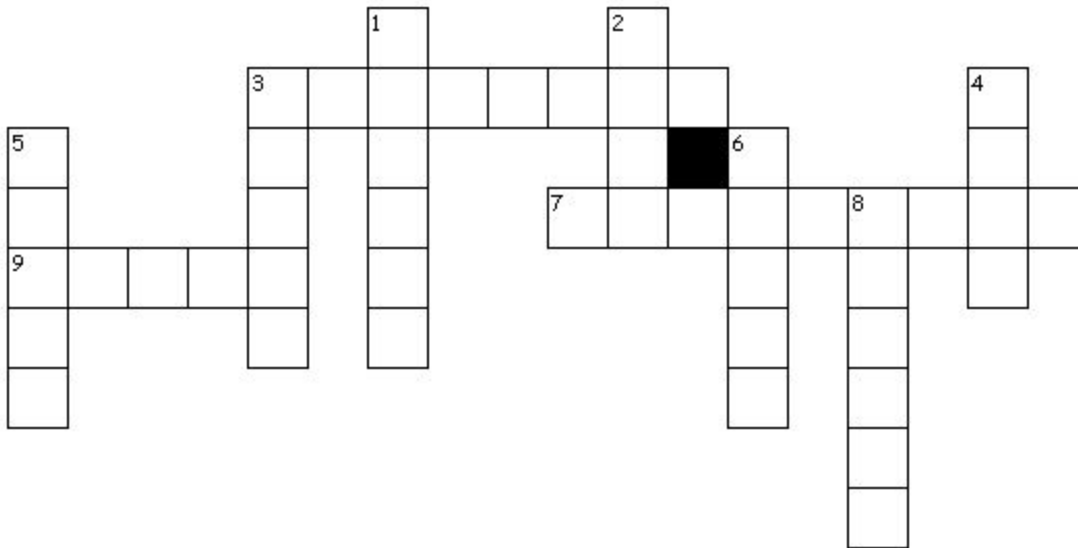
K M S S H K B R C Q Q D R N N
S S N T I E E E A G L E R L B
K X O E E B A V L C X C M O L
U D X U M A D L A L E V K E L
R L N E L U D E S A W U S Y W
X E M I S N O F W O U Q A D A
G E L T W D Q W A N N T Z C G
R P S M O J D A F S S T M B V
X Q C P D N X Y L Z T S R S U
Y O B C M V U T O F W K E X B
Y L O H U N G D W I Q W O L I
D E N E P Z L U E S H C F J B
W Z T I O S O O R E F D J W A
I D P C L W G R V M Y Y E M H
U Z F F E W P B W E I V P R S

BLESS
FLOWER
LORD
SOUL

DUST
HEALS
LOVE
STEADFAST

EAGLE
HOLY
REMEMBER
WIND

Psalm 103



Across

3. "The Lord is _____ and gracious." (Verse 8)
7. The kind of love God has for us. (Verse 8)
9. A large bird of prey. (Verse 5)

Down

1. What Kings and Queens wear on their heads? (Verse 4)
2. You use a broom to sweep it up. (Verse 14)
3. A guy in the Bible who helped free God's people from Egypt. (Verse 7)
4. Opposite direction from East. (verse 12)
5. "_____ the Lord, O my soul" (Verse 1)
6. Opposite of the heavens. (Verse 11)
8. Opposite of remembering. (Verse 2)