**Week of December 16, 2018**

**Psalms 103:1-17, 21-22**

1 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 forgiveth all thine iniquities; who healeth all thy diseases; 4 Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; 5 Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's. 6 The LORD executeth righteousness and judgment for all that are oppressed. 7 He made known his ways unto Moses, his acts unto the children of Israel. 8 The LORD is merciful and gracious, slow to anger, and plenteous in mercy. 9 He will not always chide: neither will he keep his anger for ever. 10 He hath not dealt with us after our sins; nor rewarded us according to our iniquities. 11 For as the heaven is high above the earth, so great is his mercy toward them that fear him. 12 As far as the east is from the west, so far hath he removed our transgressions from us. 13 Like as a father pitieth his children, so the LORD pitieth them that fear him. 14 For he knoweth our frame; he remembereth that we are dust. 15 As for man, his days are as grass: as a flower of the field, so he flourisheth. 16 For the wind passeth over it, and it is gone; and the place thereof shall know it no more. 17 But the mercy of the LORD is from everlasting to everlasting upon them that fear him, and his righteousness unto children's children;

21 Bless ye the LORD, all ye his hosts; ye ministers of his, that do his pleasure. 22 Bless the LORD, all his works in all places of his dominion: bless the LORD, O my soul.

**Understanding the Scriptures**

In today scripture we get an understanding of David’s love and apprecieation for God. When he considered everything God had done in his life, he was determined that he would praise the Lord. As David considered all the blessings and benefits that he received from God, he was moved to praise Him. This psalm is a hymn of praise, acknowledging God’s grace and mercy and celebrating the abundant goodness and love the Lord for His people. It is the first of four psalms reflecting on God’s dealing with His people, form Creation to Exile. All the benefits are described in verses 6-14,. These verses emphasize God’s love, protection and forgiveness. In verses 6-7, the saints are often under attack and oppressed, yet God intercedes on their behalf and brings judgment. God will not leave His will to change.

*Lesson is a reprint from the Sunday School Publishing Board*