

Allen Temple Baptist Church

Sunday School Live 

1

Sunday January 19, 2025

Title: The Lord Is Active

Lesson Text: Psalms 103: 1-14 KJV †

Devotional Reading: Isaiah 66:1-14

Instructor: Michael McCants

LESSON INTRODUCTION



This Psalm of David is considered one of the most powerful Psalms of praise in the Bible.



This writing comes from the fourth book of Psalms which includes Psalms (90–106)



Psalms 103 is a command to worship, a reminder of God's Grace, mercy and divine love.

LESSON CONTEXT

David's tone in this writing indicates it was penned in the latter years of the king's life.

Perhaps after the crisis from which he had been delivered.

From beginning to end, this Psalm highlights the goodness of God and His unfailing Love.

LESSON OUTLINES

I. Call to Worship (Psalm 103:1-5)

II. Acknowledge Divine Grace (Psalm 103:6-14)

III. Conclusion

A. God Knows Us.

B. Thought to Remember

PSALMS 103:1-3 NRSV

- 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 do not forget all his benefits,**
- 3 who forgives all your iniquity, who heals all your diseases.**

QUESTIONS TO CONSIDER

- 1. What have you heard about what it means to fear God?**
- 2. What does it mean to fear God as his children?**
- 3. How do we show this reverence?**

PSALMS 103:4-6 NRSV

**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.**

PSALMS 103: 7-8 NRSV

**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.**

QUESTIONS TO CONSIDER

3. What encouragement can you gain knowing that God remembers our limitations?

4. What growth might we experience if *you* remembered God's eternal love?

PSALMS 103: 9-10 NRSV

**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.**

PSALMS 103:11-12 NRSV

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.

KEY POINTS TO REMEMBER

12

- 1. All that is within me includes mind, body & spirit.**
- 2. Trespassing is voluntary, Iniquity is premeditated.**
- 3. The LORD is merciful and gracious IN SPITE OF!!**
- 4. We cannot measure God, he is Infinite!**
- 5. Our worship must be consistent and complete.**

PSALMS 103:13-14 NRSV

- 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.**

CONCLUSION & INSPIRATION

14

God Knows Us!

Psalm 103 insists that God knows us, and because of that knowledge, he is compassionate towards us.

The amazing thing is that God's mercy creates the space in which we can come to know ourselves, each other, and our God a little better each day.

LIFE APPLICATION

This lesson reminds us GOD is Sovereign, Merciful, Loving, Holy and Divine. God's children, should be bold living examples of his grace with our whole life, (DAILY). 🙌

Share the Good News of what the Lord has done for you as often as you can.