

A Slow Walk through Psalm 103

Find a quiet, peaceful place for this devotional time. Get comfortable and take time to quiet your mind and relax your body. Prepare yourself to be a good listener.

Open your time with a short prayer. "Father, open my eyes that I may see wonderful things in your law."

Psalm 103 is a beloved Psalm for many Christians. I encourage you to take your time and consider what each section of this Psalm has to say to you **today**.

Verses 1-5- **Praise the Lord** or bless the Lord, O my soul.

What should you remember? Be specific as you think about what God has done for you.

Verses 6-8 – **What God has done?**

Can you recall seeing God work in any of these ways in your life? Be specific.

Verses 9- 10 **God's Mercy**

What does God NOT do when we fail and sin?

How does God treat us when we honor (fear) Him?

Verses 11-18- **God's Love**

How does God show His love for us and our family?

How long will God show His love?

Verses 19-22- **God's Reign**

How far does God's reign extend?

Who else joins us in praise to a God like that?

Talk to your Heavenly Father- pray

- Gratitude for what He has already done in and for you.
- Remember any ways you have sinned. Don't make excuses, but admit your failing, ask for forgiveness, and receive His forgiveness and love.
- Talk honestly with Him about your concerns and desires.
- Pray for those under persecution, in pain, who don't yet know God, etc.

Finish with this prayer: *

Father, help me to live this day to the full, being true to You, in every way.

Jesus, help me to give myself away to others, being kind to everyone I meet.

Spirit, help me to love the lost, proclaiming Christ in all I do and say. Amen.

*from Lectio 365 devotions