

# Allen Temple Baptist Church

Sunday School Live 

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**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

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**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

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**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

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- 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

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- 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,**
- <sup>5</sup> who satisfies you with good, as long as you live  
so that your youth is renewed like the eagle's,**
- <sup>6</sup> The LORD works vindication  
and justice for all who are oppressed.**

# PSALMS 103: 7-8 NRSV

**<sup>7</sup> He made known his ways to Moses,  
his acts to the people of Israel.**

**<sup>8</sup> The LORD is merciful and gracious,  
slow to anger and abounding in steadfast  
love.**

# QUESTIONS TO CONSIDER

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**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

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**<sup>9</sup> He will not always accuse,  
nor will he keep his anger forever.**

**<sup>10</sup> He does not deal with us according to  
our sins nor repay us according to our  
iniquities.**

# PSALMS 103:11-12 NRSV

**<sup>11</sup> For as the heavens are high above the earth, so great is his steadfast love toward those who fear him;**

**<sup>12</sup> as far as the east is from the west, so far, he removes our transgressions from us.**

# KEY POINTS TO REMEMBER

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- 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

- <sup>13</sup> As a father has compassion for his children,  
so, the LORD has compassion for those who fear him.**
- <sup>14</sup> For he knows how we were made;  
he remembers that we are dust.**

# CONCLUSION & INSPIRATION

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## 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.**