

**Sunday Equipping Class: Study the Psalms**  
*Introduction and Psalm 103*

Notes from the introduction:

What are the Psalms?

What are four things we must remember about the Psalms?

### Psalm 103

<sup>1</sup> Bless the LORD, O my soul,  
and all that is within me,  
bless his holy name!  
<sup>2</sup> Bless the LORD, O my soul,  
and forget not all his benefits,  
<sup>3</sup> who forgives all your iniquity,  
who heals all your diseases,  
<sup>4</sup> who redeems your life from the pit,  
who crowns you with steadfast love and  
mercy,  
<sup>5</sup> who satisfies you with good  
so that your youth is renewed like the  
eagle's.

<sup>6</sup> The LORD works righteousness  
and justice for all who are oppressed.  
<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.  
<sup>9</sup> He will not always chide,  
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.  
<sup>11</sup> For as high as the heavens are 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 does he remove our transgressions  
from us.  
<sup>13</sup> As a father shows compassion to his  
children,  
so the LORD shows compassion to those  
who fear him.

<sup>14</sup> For he knows our frame;  
he remembers that we are dust.  
<sup>15</sup> As for man, his days are like grass;  
he flourishes like a flower of the field;  
<sup>16</sup> for the wind passes over it, and it is gone,  
and its place knows it no more.  
<sup>17</sup> But the steadfast love of the LORD is from  
everlasting to everlasting on those who fear  
him,  
and his righteousness to children's children,  
<sup>18</sup> to those who keep his covenant  
and remember to do his commandments.  
<sup>19</sup> The LORD has established his throne in the  
heavens,  
and his kingdom rules over all.

<sup>20</sup> Bless the LORD, O you his angels,  
you mighty ones who do his word,  
obeying the voice of his word!  
<sup>21</sup> Bless the LORD, all his hosts,  
his ministers, who do his will!  
<sup>22</sup> Bless the LORD, all his works,  
in all places of his dominion.  
Bless the LORD, O my soul!

*Psalm 103:1-2, 20-22 Notes*

Personal notes:

Group discussion:

Class discussion:

*Psalm 103:3-5 Notes*

Personal notes:

Group discussion:

Class discussion:

*Psalm 103:6-14 Notes*

Personal notes:

Group discussion:

Class discussion:

*Psalm 103:15-19 Notes*

Personal notes:

Group discussion:

Class discussion: