

Experiencing God when Life is Hard: Remember

What goes on in your mind when life is hard? What do you tend to dwell upon? Sometimes the easiest thing in the world is to let our minds simply ruminate on our difficulties until thinking about that difficulty fills up all of our waking moments. But is that really helpful? In the psalm that we are looking at today, David models something very different. He models remembering . . . remembering God, and what He has done for us. As we continue our 21 Days of Prayer and Fasting, let's consider the wisdom of Psalm 103 in how we can experience God when life is hard.

Opening Discuss: What has been occupying your mind's attention this past week?

Read Psalm 103

1. What does the beginning and ending of this psalm (vv. 1, 22) tell us about David's purpose for the psalm?
2. What might it mean to have all that is within me bless God (v. 1)?
3. David commands his soul to remember. Literally, he commands his soul to "forget not" any of God's benefits. What benefits of God are mentioned throughout the psalm? Make a list:
4. At times, we are inclined to forget what God has done for us. How can we avoid this? How can we remember all God's benefits? What helps you?

5. The psalm says a lot about how God treats our sin. What does it say?

6. As you reflect on all that this psalm says about what God has done with your sin, do you relate to God as if all those things are really true? Explain.

7. David calls to mind other aspects of God's character beyond just how God deals with our sin. What other truths about God does he mention in the psalm?

8. As you consider all that this psalm teaches about who God is and His many benefits in your life, what truth is most helpful to you right now with the current difficulties you are facing?

Practicing the Rhythms of Rooted this Week

Daily Devotion ♦ Prayer ♦ Repentance ♦ Sacrificial Generosity ♦ Serve the Community ♦ Share Your Story ♦ Worship



Daily Devotion: Memorize the verse from Psalm 103 that is most significant to you and then continue over the next week to recite it and talk to your soul based on the truth of that verse.



Worship: Return to Psalm 103 this week and use it to guide your worship and praise of God. Continue to give thanks to God for His many benefits.