



THE BOOK OF

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Remembering His Benefits

Discussion Guide | July 5th, 2020

Before you begin, please read Psalm 103

1. Reflect on your life over the last week. Share a “high” and a “low” with your group.
2. What are some reasons *why* we need to remember the benefits of God (vs. 2)?
3. Some things are easy to forget; others are impossible to forget. What’s something in your life currently that, you might say, is “always on your mind”? Why is that?
4. Our hearts are fickle—constantly wanting one thing, then another thing. What are some ways that we can get our hearts to focus more on God?
5. One of the primary benefits of God is the message of the gospel—the good news—recorded in Scripture. What good news do we find in Psalm 103 vs. 10-12? What about in the rest of the chapter?
6. God loves us an infinite amount (vs. 11), but what did it cost God to love us that much?
7. How are verses 14-16 a picture of our true nature as humans? Then, how is verse 17 a wonderful beacon of hope for us?
8. Read verses 2-5 again. How can you preach this (or similar promises of Scripture) to yourself every day this week? We must regularly remind ourselves of the benefits and blessings of the Lord.
9. Tim Keller says “Only in Jesus is it true that: If you get Him, He’ll satisfy you, and if you fail Him, He’ll forgive you. Your false saviors or idols will never ultimately satisfy you, and if you fail them, they will never forgive you.”
10. Write out (or print out) on a card Psalm 103:10-12: “He does not treat us as our sins deserve or repay us according to our iniquities. For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us.” Place it somewhere where you will be reminded of this truth often.