



Title | O My Soul!  
Series | SONGS FOR THE ANXIOUS HEART  
Text | Psalm 103:15-22  
By | Bob Kerrey  
Date | November 4, 2018

---

# Sermon Notes

**Psalm 103:15** As for man, his days are like grass; he flourishes like a flower of the field; **16** for the wind passes over it, and it is gone, and its place knows it no more. **17** But the steadfast love of the LORD is from everlasting to everlasting on those who fear him, and his righteousness to children's children, **18** to those who keep his covenant and remember to do his commandments. **19** The LORD has established his throne in the heavens, and his kingdom rules over all. **20** Bless the LORD, O you his angels, you mighty ones who do his word, obeying the voice of his word! **21** Bless the LORD, all his hosts, his ministers, who do his will! **22** Bless the LORD, all his works, in all places of his dominion. Bless the LORD, O my soul!

*ESV*

## Big Idea:

Text questions during the sermon: 623-850-8809

**Psalm 103:22**

Bless the LORD, all his works, in all places of his dominion. Bless the LORD, O my soul!

*ESV*

## For Reflection & Application:

### Monday:

Read Psalm 103:1-22. List all the commands you can find. How many different commands are there? What does this suggest about the central message of the Psalm 103?

### Tuesday:

In Psalm 103, to bless means to praise or to admire or to speak words of excellence about the Lord. Some ways you can do this include singing, praying, writing your own psalm, meditating, worshiping, giving thanks, and speaking to others about the Lord. Choose one specific way that you can bless the Lord today, and do it. Reading back through Psalm 103 may give you some ideas.

### Wednesday:

In Psalm 103, to bless means to praise or to admire or to speak words of excellence about the Lord. Some ways you can do this include singing, praying, writing your own psalm, meditating, worshiping, giving thanks, and speaking to others about the Lord. Choose one specific way that you can bless the Lord today, and do it. Reading back through Psalm 103 may give you some ideas.

### Thursday:

In Psalm 103, to bless means to praise or to admire or to speak words of excellence about the Lord. Some ways you can do this include singing, praying, writing your own psalm, meditating, worshiping, giving thanks, and speaking to others about the Lord. Choose one specific way that you can bless the Lord today, and do it. Reading back through Psalm 103 may give you some ideas.

### Friday:

In Psalm 103, to bless means to praise or to admire or to speak words of excellence about the Lord. Some ways you can do this include singing, praying, writing your own psalm, meditating, worshiping, giving thanks, and speaking to others about the Lord. Choose one specific way that you can bless the Lord today, and do it. Reading back through Psalm 103 may give you some ideas.

### Daily Prayer:

Lord, I thank you and praise you today for  
(fill in the blank). Amen.