

COLLEGE HEIGHTS BAPTIST CHURCH

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Study Guide

# Bless the Lord

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## Major Points

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- 1 **God is good to both believers and unbelievers, and we must choose to see and acknowledge His goodness even in our most difficult trials.**

*Psalm 103:1-2*

- 2 **To bless the Lord with all that is within us requires seeing God as He truly is, not through our limited understanding or our own system of justice.**

*Psalm 103:1*

- 3 **God has forgiven all our iniquity through Christ — the greatest reason to bless Him — and there is now no condemnation for those in Christ Jesus.**

*Romans 8:1*

- 4 **God redeems us from life's pits, heals our diseases, and crowns us with faithful love and compassion that never changes.**

*Psalm 103:3-4*

- 5 **We should not demand God act on our timetable — His justice always comes at the right time and in the right way, as demonstrated through Israel's 400 years in Egypt.**

*Psalm 103:6*

- 6 **God has not dealt with us as our sins deserve; His love stretches as high as the heavens and He removes our sin as far as east is from west.**

*Psalm 103:11-12*

- 7 **God has compassion because He knows we are dust — fragile, temporary, and utterly dependent on Him — yet His faithful love is from eternity to eternity.**

*Psalm 103:13-14*

## Key Quotes

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“*God is good. It's just that simple. I'm sure there's some of you sitting here today going, I don't know that He is good. But you're wrong. God is good. He's really good.*”

at 1:18

“*How often do we take time to think about God? What was the last time you spent one hour and all you did for that hour was thought about God — who He is, what He's promised, what He's done, how faithful He is, how deep is His love?*”

at 5:58

*"In order to take ourselves and give glory to God, to bless Him, to honor Him, if you will, in order for us to do that with all that is in us, we have to see Him.*

at 11:50

*"Your system of justice is nothing compared to the justice and the goodness of God.*

at 17:17

*"We are the most blessed people alive, the most blessed people in the world. No one can take us from Him. Nothing can separate us from love of God that's in Christ Jesus our Lord.*

at 50:48

*"You really want to know if God loves you? Know that Jesus went to the cross and died for your sins that you might have life.*

at 51:45

*"Don't pretend that you're something you're not. Know who God is and know that He's compassionate toward all of us because we need that.*

at 48:53

## Discussion Questions

1. The pastor says we often spend more time scrolling our phones than thinking about God. What practical steps could you take this week to spend intentional time meditating on who God is?  
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2. How does knowing that God 'has not dealt with us as our sins deserve' (Psalm 103:10) change the way you view your current circumstances?  
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3. The pastor distinguishes between viewing God 'through our limited understanding' versus seeing Him as He truly is. What are some ways our limited perspective distorts our view of God?  
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4. How should the promise that God removes our sins 'as far as east is from the west' (Psalm 103:12) affect the way we deal with guilt and shame?  
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5. The sermon mentions that God is good to both believers and unbelievers through 'general graces.' How should this shape the way Christians interact with non-believers?  
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## Word Studies

בָּרַךְ

**barak**

*Hebrew*

To kneel before; to praise, give adoration, and actively worship. In Psalm 103 it carries the sense of deliberately praising and glorifying God from the depths of one's soul.

*Usage: Used over 330 times in the Old Testament*

חֶסֶד

**chesed**

*Hebrew*

Faithful love, lovingkindness, covenant loyalty. God's steadfast, unfailing devotion to His people that never changes regardless of circumstances.

*Usage: Used approximately 248 times in the Old Testament*

רַחֵם

**racham**

*Hebrew*

Deep, tender mercy and compassion. Related to the Hebrew word for 'womb,' conveying the visceral, gut-level tenderness of God toward His children.

*Usage: Used approximately 47 times in the Old Testament*

## Cross References

### **Exodus 34:6-7**

God's self-revelation to Moses as 'compassionate and gracious, slow to anger, and abounding in lovingkindness' — the direct source passage for Psalm 103:8

### **Isaiah 40:6-8**

Parallel to Psalm 103:15-16 — 'All flesh is grass, and all its loveliness is like the flower of the field' — same theme of human frailty contrasted with God's eternal word

### **Psalm 130:3-4**

'If You, Lord, should mark iniquities, who could stand? But there is forgiveness with You' — parallels Psalm 103:10-12 on God not dealing with us as we deserve

### 1 John 1:9

'If we confess our sins, He is faithful and just to forgive us our sins' — New Testament parallel to the forgiveness celebrated in Psalm 103:3

### Ephesians 2:4-5

'God, being rich in mercy, because of His great love... made us alive together with Christ' — NT parallel to God's compassion and redemption from the pit

### Micah 7:18-19

'Who is a God like You, who pardons iniquity... He will cast all our sins into the depths of the sea' — parallels the east-from-west removal of sin in Psalm 103:12

### Psalm 145:8-9

'The Lord is gracious and compassionate, slow to anger and great in lovingkindness' — sister psalm with nearly identical description of God's character

## Further Reading

- **The Knowledge of the Holy**  
*by A.W. Tozer*
- **Knowing God**  
*by J.I. Packer*
- **Trusting God: Even When Life Hurts**  
*by Jerry Bridges*

## Scripture References

REFERENCE	TYPE	TIME	CONTEXT
Psalms 103:1-22	Read Aloud	6 : 55	
2 Corinthians 1:3-4	Referenced	3 : 20	
Philippians 4:6-7	Read Aloud	3 : 35	<i>Be anxious for nothing, but in everything by praye...</i>
Romans 8:1	Read Aloud	22 : 42	<i>Therefore there is now no condemnation for those w...</i>
Romans 3:23	Referenced	21 : 20	
2 Peter 3:9	Referenced	34 : 47	
Lamentations 3:22-23	Referenced	27 : 10	
John 16:33	Referenced	28 : 50	
2 Timothy 3:12	Referenced	29 : 05	
Hebrews 10:31	Referenced	41 : 00	
Romans 5:8	Read Aloud	51 : 35	<i>But God demonstrates His own love toward us, in th...</i>
Revelation 20:1-15	Referenced	40 : 50	