

Praise God for His Goodness and Love!



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Do you sometimes wonder, “*What has God ever done for me?*” If so, then you need to hear the words of King David in Psalm 103. Long ago, the Israelites sang this as a song of worship to God. Today, it reminds us of the many ways God has blessed his people. If you’ve trusted in Jesus for your salvation, these blessings belong to you, too! As we memorize Psalm 103 together, let’s consider God’s blessings and praise him for his goodness.

David begins, in verse 1, by talking to himself. He encourages himself to worship God. He says, “*Self... **Bless the Lord!***” In the coming verses, David is going to make a list of the blessings he’s received. Remembering these blessings will help him praise God from deep within his heart - from his “*soul*” - from “*all that is within me.*”

What about you? Make a list of all the ways God has blessed you. Here are a few ideas to get you started:

- Sending his Son, Jesus, to die for your sins
- Giving you a Dad & Mom who love you
- Providing friends to play with
- Meeting your needs - a house to live in, food to eat, clothing to wear

Take a few minutes to pray with your Dad or Mom. Thank God for the specific blessings on your list. Praise him for his goodness, kindness and love. Now, put your list somewhere you will see it regularly. Use it as a reminder to praise God and thank him every day.