

# Summer in the Psalms

## *Psalm 103*

Praise the Lord, my soul;  
all my inmost being, praise his holy name.  
2 Praise the Lord, my soul,  
and forget not all his benefits—

It is believed that the author of this psalm is David, the shepherd king and “sweet psalmist of Israel.” But to whom is Psalm 103 addressed? The answer to that question is key to understanding why this psalm is so crucial to God’s people.

Is he talking to God? No. Is he talking to other people? No. David is talking to an audience of one—himself! The Holy Spirit inspired David to commit to writing the very words he spoke to himself (words that most likely became the lyrics to a song). The fact that David saw it imperative to express these words to his own soul nearly 3,000 years ago is radically relevant to us today! The opening words of the psalm are counter-cultural! From virtually every direction—by way of song, sight, and print—we are told to *listen* to our hearts. But Psalm 103 tells us that we actually ought to be *speaking* to our hearts.

So often, we find that our hearts are not silent when we’re in the middle of physical suffering, relational disappointments, situational struggles, or just the general brokenness of the world. We find our hearts are quick to be filled with doubt about the goodness of God, the faithfulness of God, the mercy of God, or the provision of God. There are things we know about God in our minds but have been forgotten in the deepest parts of our beings where our words and actions and attitudes are formed! Here in Psalm 103, we find a song of deliberate, reflective worship to sing in the face of our own forgetfulness.

### *Reflection 1*

What “benefits” of the Lord have you been forgetting lately? Consider keeping a “gratitude record,” or Ebenezer list, and document how God has been faithful. At day’s end, name 3–5 benefits of God you remembered or received.



## *Reflection 2*

Take time to thank the Lord for his compassion, graciousness, and love. Ask him to show you ways in which you can reflect them toward others.

## *Reflection 3*

What is something that resonated with you from Psalm 103?

