

Read Psalm 103

1. **Verses 1-5:** For King David, to bless the Name of the Lord means to remember who God is and to recount what He does. Together as a group, go through the list of what David recounts about God. Which of these acts of God are you resonant with and why?

Let people share freely as they feel led. This question is meant to help the group exercise "remembrance" of who God is according to the list--God is forgiving, healing, redeeming, crowning, satisfying, and renewing. Invite those who shared to give examples from their lives of their experiencing God's forgiveness, or healing, or redemption, etc.

2. **Verses 6-14:** King David recalls the covenantal aspects of God's relationship with Israel, particularly His peculiar love for His people in the forgiveness of their sins. As Christians, we often forget that, above all, we are God's children, forgiven through Jesus Christ. How can we help each other remember who we are as King David recalled in these verses?

We as Christians must engage every person, the world, and especially one another primarily through the lens of Scripture and the world where Jesus Christ is Lord. We remember better by functioning within the dynamic of Scripture, prayer, and liturgy in our own homes and larger community. Just as practice perfects our craft and skill, so it is with our Christian memory and recall. We have personal and corporate practices that help us remember who we are, where we've come from, who God is, and what He has done for us. Small groups that meet regularly over meals to study the Bible and pray together is one of those practices. Worshipping God together in church through the liturgies and communion is another practice. We can personally check in with each other how we are doing in the faith. We can entrust ourselves to other Christians and to older and mature believers for accountability and encouragement. These are just a few ways we can help each other remember the Gospel.

3. **Verses 15-18:** King David contrasts the vapour of human life versus God's eternal love, which is only for those who fear Him. Then in verse 18, David connects remembering with obeying God's law. How is remembering God related to obeying God?

Obeying God's law means you are aware of what He requires of us for our flourishing and health. And obedience is not just for our flourishing but ultimately so we can please God--we delight in giving God the pleasure of our obedience, not just because we need to follow or keep the rules. Obeying then is being mindful of God. Obeying is prioritising our relationship with God. And so, obeying God's law means you are remembering God in every aspect and moment of your life. As a husband or wife should always be thinking about the decisions that they make, how they use their time, with whom they are hanging out, how they will spend their money, what words they will say, etc. while they consider (remember!) their spouse above all in their decision-

making, so it is with our decision-making while in a relationship with God in Jesus Christ.

4. **Verses 19-22:** Because God has established His throne in heaven, King David beckons all of creation to bless the Lord. How can we as a church emulate David to beckon others in our own community and our friends, coworkers, and relatives who are not Christian to bless the Lord?

This question is inviting us to consider and to be challenged to be missional and evangelistic in our Christian outlook, and to not just keep the Christian faith to ourselves. This question may be difficult to answer practically given our pandemic circumstances. But let's invite ourselves to imagine and to dream what Little Trinity Church could look like if we are Christians who are missional, invitational, and evangelistic as we consider how to share the Gospel with others through our deeds and words. Consider joining and inviting your friends or coworkers to Alpha or to check out our Sunday livestream. Or in a more doable level, intentionally engage more with your non-Christian friends about spiritual topics, religion, or faith--especially as our world is brought to consider deeper questions in life because of the pandemic.