

PSALM 103

1. vv.1-5: PRAISING GOD FOR HIS GIFTS

1 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—
3 who forgives all your sins
and heals all your diseases,
4 who redeems your life from the pit
and crowns you with love and compassion,
5 who satisfies your desires with good things
so that your youth is renewed like the eagle's.

2. vv.6-12: TRUSTING IN GOD'S MERCY

6 The LORD works righteousness
and justice for all the oppressed.
7 He made known his ways to Moses,
his deeds to the people of Israel:
8 the LORD is compassionate and gracious,
slow to anger, abounding in love.
9 He will not always accuse,
nor will he harbour his anger for ever;
10 he does not treat us as our sins deserve
or repay us according to our iniquities.
11 For as high as the heavens are above the
earth,
so great is his love for those who fear him;
12 as far as the east is from the west,
so far has he removed our transgressions from
us.

COMMUNION

**Cleanse me from my sin, Lord,
put Thy power within, Lord,
take me as I am, Lord,
and make me all Thine own.
Keep me day by day, Lord,
underneath Thy sway, Lord,
make my heart Thy palace,
and Thy royal throne.**

3. vv.13-18: RELYING ON GOD'S HELP

13 As a father has compassion on his children,
so the LORD has compassion on those who fear
him;
14 for he knows how we are formed,
he remembers that we are dust.
15 The life of mortals is like grass,
they flourish like a flower of the field;
16 the wind blows over it and it is gone,
and its place remembers it no more.
17 But from everlasting to everlasting
the LORD's love is with those who fear him,
and his righteousness with their children's
children —
18 with those who keep his covenant
and remember to obey his precepts.

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever. Amen.**

4. vv.19-22: PERSONAL COMMITMENT

19 The LORD has established his throne in
heaven,
and his kingdom rules over all.
20 Praise the LORD, you his angels,
you mighty ones who do his bidding,
who obey his word.
21 Praise the LORD, all his heavenly hosts,
you his servants who do his will.
22 Praise the LORD, all his works
everywhere in his dominion.
Praise the LORD, my soul.