



PSALM 34:1

“I will extol the Lord  
at all times;  
His praise will  
always be on my lips.”



WORSHIP AND BOW DOWN:  
SLOW TO ANGER,  
ABOUNDING IN LOVE

Psalm 103

# BEGINNING AND ENDING IN PRAISE

Vss. 1- 2 and 20-22

Praise is the natural and appropriate response to meditating on God's attributes

“Forget not all His benefits”

Recounting causes the soul to rejoice

Among the benefits:

Forgiveness (Ps. 130:3)

Healing (Isa. 53:4-6)

Redemption (Isa. 53:4-6)

Love and Compassion

True satisfaction (Ps. 37:4)

Renewed strength (Isa. 40:31)

Righteousness (Jer. 23:6; 33:16)

Justice (Jer. 9:24)



VSS. 8-18

“The Lord is  
compassionate and gracious,  
slow to anger, abounding in love.”

These truths are unpacked in verses 9-18

Vs. 9-10

If He did, how would one ever have hope?

If the One who holds the storehouses of snow/hail began to harbor anger...?

If we get what we have coming, it's death (Rom. 6:23). But God is patient with us (2 Pet. 3:9)

Vs. 11

I mean, have you stared into the heavens lately and  
tried to see their outer limits?

Vs. 12

Transgressions. Petty things?  
No. Flat out acts of rebellion against God.

Perhaps you've wearied of me reminding you, but  
east and west never meet...

Vs. 13 -14

Com-compassion : to suffer with

The Father agonizes over our brokenness/lostness

Consider Luke 15

Why would He show compassion to those who fear Him?

He remembers that we are dust.

What blessed comfort when my best intentions fail...

Vss. 15-16

We're truly only here for a little while

Vss. 17-18

He is eternal, giving us confidence in

...His unending love,

...His righteousness credited to the accounts of all  
who trust in Christ

...the faithfulness of our covenant-keeping God.



VS. 19

He presides over all

“Be at rest. Be at rest once more,  
O my soul, for the Lord has been good.  
Be at rest. Be at rest once more, O my soul,  
O my soul, be at rest once more  
for the Lord has been good to you.”