

## **BBC - 5/25/25 Home Bible Study Outline – “7 Benefits of God’s Grace” – Ps 103:1-14**

**Psalms 103 & 104** (*psalms of David*) begin and end in a similar manner: “*Bless the LORD O my soul*” **Ps.103** focuses on us remembering our benefits of grace, and **Ps.104** on God and His glorious works. David exhorts himself & us to praise God, not superficially, but with all our souls & all that’s within us!

**Discussion:** *Why the strong reminder? Do we tend to offer God routine, lip-service, anemic worship?*

**Ps.103** lists at least seven (7) benefits that we possess in Christ that proceed directly from God’s grace:

### **1) v.3a – God forgives all our iniquities**

- “Iniquity” is the accumulation of all our; sins (*falling short*), & trespasses (*passing beyond His will*).
- Iniquities accumulate (*as in a container*) to a point of triggering God’s corrective or punitive judgment.
- The Amorites were a people defiled with many abominations – God prophetically told Abraham (**Genesis 15:16**) that their iniquity was “*not yet full*,” but that they’d reach the point of judgment.

**Discussion:** *According to Ps.103:10-12, what is God’s promise to those who fear Him (believe by faith)?*

### **2) v.3b – He heals all our diseases**

- All of God’s graces require from us the exercise of faith; (*not to earn*) but to receive His benefits.
- Healings (*spiritual, emotional, & physical*) are a part of God’s benefits to us, provided thru Christ.
- **Matthew 12:15** - great multitudes followed Jesus, and He healed all of them!
- **Mark 6:5-6** - The only time Jesus’ healing ministry was ‘curtailed’ was when there was lack of faith.

**Discussion:** *Does God always heal in the same way? Think of how many ways Jesus healed people.*

### **3) v.4a – He redeems our lives from destruction**

- Destroyers: 1) the Enemy (**1 Corinthians 5:5**); 2) Ourselves (**2 Peter 2:1**); and God (**Romans 9:22**)
- Our redemption in Christ renders us immune from destruction of the Enemy, & even ourselves!
- God says true believers are not condemned (**Romans 8:1**), nor subject to His wrath (**1 Thes. 5:9**).

**Discussion:** *What did Jesus specifically say in John 3:15-21 concerning the peril of condemnation?*

### **4) v.4b – He crowns us with lovingkindness & tender mercies – (see Ps.103:13-16)**

- Knowing what we’re made of (*plagued with human sin*), God views us with pity, as His little children.
- While God recognizes our being born in sinfulness (**Ps. 51:5**), it is not an excuse for us to sin.

**Discussion:** *According to Lamentations 3:22-23, what does God say about His compassionate mercies?*

### **5) v.5 – He satisfies our mouths w/good things – so that our youth is renewed like the eagle’s**

- Made in God’s image, we are tri-part beings: *spirit, soul & body*.
- Regenerated in Christ, our *spirits* are reborn, our *souls* are fortified, & our *bodies* are blessed.
- Therefore, we have an eternal ‘blessed hope,’ and God’s provision while in our bodies on earth.

**Discussion:** *What does God say to us in Isaiah 40:29-31 about our eagle-like spirit-soul-body strength?*

### **6) v.6-7 - Executes righteousness & judgment for all who are oppressed + reveals & teaches us!**

- **Romans 12:19** - God declares Himself to be our avenger, who ‘will repay’ those who harm us.
- **Amos 3:7** - God also reveals Himself and His will to us, so that we may follow & serve Him by faith.

**Discussion:** *How did the ‘good Samaritan’ (Lk 10:35) & Paul (Philemon 19) reflect God’s generous grace?*

### **7) v.8-9 - Is merciful, gracious, slow to anger, plenteous in mercy; Won’t ever-chide or grudge**

- **Ps.103:11-12** God’s mercy is “high” (*transcends humanity*); as high as heaven is from earth!
- He removes our transgressions from us, as far as the continual East is from the continual West!
- God doesn’t constantly reprove us, nor hold grudges against us for our chronic sinful nature.

**Discussion:** *According to Hebrews 8:12, does God hold our sins in reserve to bring them up in anger?*