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## Psalm 103

- 1 Praise the LORD, O my soul;  
all my inmost being, praise his holy name.
- 2 Praise the LORD, O 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.
- 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  
harbor his anger forever.
- 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.
- 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 As for man, his days are like grass. He  
flourishes 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.
- 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, O my  
soul.



*Praise the LORD,  
O my soul.*

*Psalm 103 : 1-2*

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

*Psalm 103 : 3-5*

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

*Psalm 103 : 6-7*

The LORD works righteousness  
and justice for all the oppressed.  
He made known his ways to Moses,  
his deeds to the people of Israel:

*Psalm 103 : 8-10*

The LORD is compassionate and gracious,  
slow to anger, abounding in love.  
He will not always accuse,  
nor will he harbor his anger forever.  
He does not treat us as our sins deserve  
or repay us according to our iniquities.

*Psalm 103 : 11-12*

For as high as the heavens  
are above the earth,  
so great is his love for those who fear him.  
As far as the east is from the west,  
so far has he removed  
our transgressions from us.

*Psalm 103 : 13*

As a father has compassion on his children,  
so the LORD has compassion  
on those who fear him.

*Psalm 103 : 14-16*

For he knows how we are formed.  
He remembers that we are dust.  
As for man, his days are like grass.  
He flourishes like a flower of the field.  
The wind blows over it and it is gone,  
and its place remembers it no more.

*Psalm 103 : 17-18*

But from everlasting to everlasting  
the LORD's love is with those who fear him,  
and his righteousness  
with their children's children—  
with those who keep his covenant  
and remember to obey his precepts.

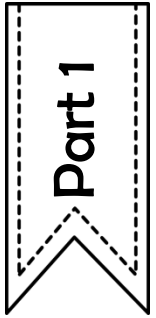
*Psalm 103 : 19*

The LORD has established  
his throne in heaven,  
and his kingdom rules over all.

*Psalm 103 : 20-22*

Praise the LORD, you his angels,  
you mighty ones who do his bidding,  
who obey his word.  
Praise the LORD, all his heavenly hosts,  
you his servants who do his will.  
Praise the LORD, all his works everywhere in  
his dominion. Praise the LORD, O my soul.

# Psalm 103: Memorization & Meditation



*Psalm 103:1*

Praise the LORD, O my soul;  
all my inmost being, praise his holy name.

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*Psalm 103:2*

Praise the LORD, O my soul, and forget not all his benefits—

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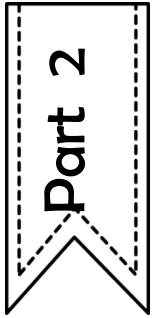
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*Pray God's Word back to Him!*

*What am I thankful for? How can I praise Him?*



# Psalm 103: Memorization & Meditation



*Psalm 103:3*

who forgives all your sins and heals all your diseases,

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*Psalm 103:4*

who redeems your life from the pit and crowns you with love and compassion,

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*Psalm 103:5*

who satisfies your desires with good things  
so that your youth is renewed like the eagle's.

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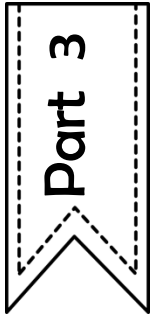
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*What does it mean that 'your youth is renewed like the eagle's'?*  
*What does an eagle symbolize? :* \_\_\_\_\_

*Pray God's Word back to Him!*

*Thank you, God....*

# Psalm 103: Memorization & Meditation



*Psalm 103:6*

The LORD works righteousness and justice for all the oppressed.

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*righteousness* : \_\_\_\_\_  
*justice* : \_\_\_\_\_  
*oppressed* : \_\_\_\_\_

*Psalm 103:7*

He made known his ways to Moses, his deeds to the people of Israel:

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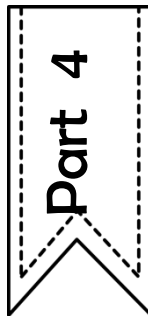
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*Dear Holy Lord....*

*Check Point!* Place a check mark next to each verse reference to indicate that you have memorized the Scripture so far....

<i>Psalm</i> 103:1 <input type="checkbox"/>	<i>Psalm</i> 103:2 <input type="checkbox"/>	<i>Psalm</i> 103:3 <input type="checkbox"/>	<i>Psalm</i> 103:4 <input type="checkbox"/>	<i>Psalm</i> 103:5 <input type="checkbox"/>	<i>Psalm</i> 103:6 <input type="checkbox"/>	<i>Psalm</i> 103:7 <input type="checkbox"/>
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# Psalm 103: Memorization & Meditation



*Psalm 103:8*

The LORD is compassionate and gracious,  
slow to anger, abounding in love.

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*Psalm 103:9*

He will not always accuse, nor will he harbor his anger forever.

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*Psalm 103:10*

He does not treat us as our sins deserve or repay us according to our iniquities.

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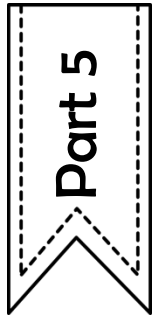
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*Oh, Merciful Father....*



# Psalm 103: Memorization & Meditation



*Psalm 103:11*

For as high as the heavens are above the earth,  
so great is his love for those who fear him.

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*Psalm 103:12*

As far as the east is from the west,  
so far has he removed our transgressions from us.

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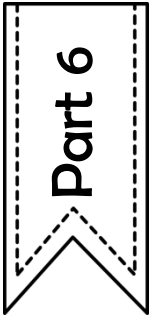
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*I praise you, Lord....*

*Check Point!* Place a check mark next to each verse reference to indicate that you have memorized the Scripture so far....

<i>Psalm</i> 103:1-2	<i>Psalm</i> 103:3-5	<i>Psalm</i> 103:6-7	<i>Psalm</i> 103:8-10	<i>Psalm</i> 103:11-12
—	—	—	—	—

# Psalm 103: Memorization & Meditation



*Psalm 103:13*

As a father has compassion on his children,  
so the LORD has compassion on those who fear him.

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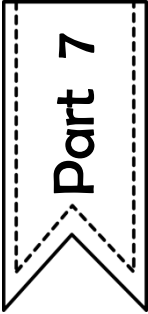
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*Thank you, Gracious Father....*

*Check Point!* Place a check mark next to each verse reference to indicate that you have memorized the Scripture so far....

<i>Psalm</i> 103:1-2	<i>Psalm</i> 103:3-5	<i>Psalm</i> 103:6-7	<i>Psalm</i> 103:8-10	<i>Psalm</i> 103:11-12	<i>Psalm</i> 103:13
—	—	—	—	—	—

# Psalm 103: Memorization & Meditation



*Psalm 103:14*

For he knows how we are formed.  
He remembers that we are dust.

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*Psalm 103:15*

As for man, his days are like grass. He flourishes like a flower of the field.

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*Psalm 103:16*

The wind blows over it and it is gone, and its place remembers it no more.

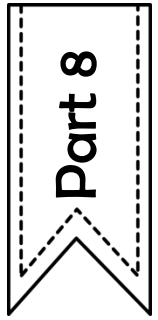
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*Lord, My God....*

# Psalm 103: Memorization & Meditation



*Psalm 103:17*

But from everlasting to everlasting  
the LORD's love is with those who fear him,  
and his righteousness with their children's children—

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*Psalm 103:18*

with those who keep his covenant and remember to obey his precepts.

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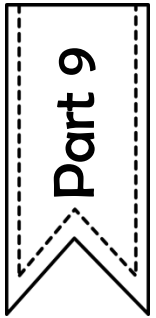
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*You are so good, Lord...*

*Check Point!* Place a check mark next to each verse reference to indicate that you have memorized the Scripture so far....

<i>Psalm</i> 103: 1-2 —	<i>Psalm</i> 103: 3-5 —	<i>Psalm</i> 103: 6-7 —	<i>Psalm</i> 103: 8-10 —	<i>Psalm</i> 103: 11-12 —	<i>Psalm</i> 103: 13 —	<i>Psalm</i> 103: 14-16 —	<i>Psalm</i> 103: 17-18 —
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# Psalm 103: Memorization & Meditation



*Psalm 103:19*

The LORD has established his throne in heaven,  
and his kingdom rules over all.

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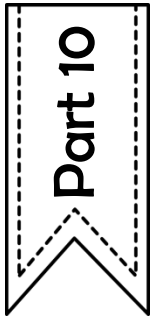
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*My Mighty King...*

*Check Point!* Place a check mark next to each verse reference to indicate that you have memorized the Scripture so far...

<i>Psalm</i> 103:1-2 —	<i>Psalm</i> 103:3-5 —	<i>Psalm</i> 103:6-7 —	<i>Psalm</i> 103:8-10 —	<i>Psalm</i> 103:11-12 —	<i>Psalm</i> 103:13 —
<i>Psalm</i> 103:14-16 —	<i>Psalm</i> 103:17-18 —	<i>Psalm</i> 103:19 —			

# Psalm 103: Memorization & Meditation



*Psalm 103:20*

Praise the LORD, you his angels,  
you mighty ones who do his bidding, who obey his word.

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*Psalm 103:21*

Praise the LORD, all his heavenly hosts, you his servants who do his will.

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*Psalm 103:22*

Praise the LORD, all his works everywhere in his dominion.  
Praise the LORD, O my soul.

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*Thank You, Jesus ...*

# Psalm 103: Memorization & Meditation

## Check Point!

Place a check mark next to each verse reference to indicate that you have memorized the Scripture so far...

Psalm 103:1-2 —	Psalm 103:3-5 —	Psalm 103:6-7 —	Psalm 103:8-10 —	Psalm 103:11-12 —	Psalm 103:13 —
	Psalm 103:14-16 —	Psalm 103:17-18 —	Psalm 103:19 —	Psalm 103:20-22 —	

Lord Jesus, I praise you!

You are ...

A \_\_\_\_\_  
B \_\_\_\_\_  
C \_\_\_\_\_  
D \_\_\_\_\_  
E \_\_\_\_\_  
F \_\_\_\_\_  
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