

All His Benefits

Psalm 103:1–5

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Pastor Wes – November 23rd, 2025

Main Idea: *I am to bless God with all that I have for His gracious benefits.*

Outline:

I. The Call to Praise (vv. 1–2)

- A. Bless the Lord with all that you have (v. 1)
- B. Bless the Lord by remembering what He has done (v. 2)

II. The Cause for Praise (vv. 3–5)

- A. He pardons all your iniquities
- B. He heals all your diseases
- C. He preserves your life
- D. He crowns you with His love and compassion
- E. He renews your strength with good things

1. Explain why simply listing out what your thankful for is not true thanksgiving? How do we truly give thanks according to verse 1?

2. When the Scripture speaks of man blessing God, how is it different than God blessing man? What does it mean when we “bless” God?

3. What are some of the factors that you experience in life that keep you from praising our Lord?



4. What should be the key source in stirring our hearts to true worship? (v. 2) How does this differ from what we might see in churches today?
5. How might we “forget” the Lord’s benefits to us? On the other hand, how can we help ourselves remember the Lord’s benefits to us?
6. We are commanded to give God a return in thanksgiving for all His gracious benefits. How are you spending time every day (not just the holiday) praising God and meditating on what He has done for you?
7. Often our prayer life is marked only with a list of requests. What does this psalm teach about including adoration into your prayer life? How can you use this psalm to help you grow in this area?

