



Praise and Worship Study Verse: Psalms 103

Psalms 103 Praise the LORD, my soul; all my inmost being, praise his holy name. Praise the LORD, my soul, and forget not all his benefits—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. The LORD works righteousness and justice for all the oppressed. He made known his ways to Moses, his deeds to the people of Israel: 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. or 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. As a father has compassion on his children so the LORD has compassion on those who fear him; for he knows how we are formed, he remembers that we are dust. The life of mortals is like grass, they flourish like a flower of the field; the wind blows over it and it is gone, and its place remembers it no more. 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. The LORD has established his throne in heaven, and his kingdom rules over all. **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, my soul.**

My Thoughts: How does someone give God Praise and Worship? In my opinion; the Psalmist shows an example of his praise and worship, in song. He sang out to acknowledge his deepest appreciation, respect, intimate trust, faith, that he could comprehend toward God for being a loving and compassionate Father, Creator, Savior, Provider, Healer. The Psalmist does not describe how you should express your praise. Some find a quiet place to meditate, while another may sing, clap their hand, dance and shout. Some may even feel the urge to jump, or run. The action is not the focus here, it's the intimate relationship with God that you share with him. The "I know so" inside you, that desire to cry because you Love so much, the overwhelming gratitude because you know you aren't worthy of the love God gives so freely. The expression of Praise you feel is not to be compared with another to determine the level of Spirituality, it is your... intimate relationship with God that you share with Him. The message of the Psalmist is to DO IT and do it with all that is within your soul, spirit, body. Being released from the chains of flesh. Finding the freedom to give back to God. Praise the Lord, my soul; all my inmost being, Praise his holy name. May God fill you today with a glorious moment of Praise and Worship for Him. He is worthy.

Until next time, May God bless, protect, heal and grow in you daily. AMEN