

Do Not Be Still My Heart
Psalms 103:1-5 & 8-13

Psalms 103 challenges us to make sure that we are nurturing our _____, not just performing religious duties and obligations in a perfunctory manner. David directs his innermost being, “his _____,” to do that which does not come natural for his heart—to praise the Yahweh, the name of the Lord—to _____ God _____ for what is good and right in our lives. What comes natural for us is to _____ His benefits. When things go wrong, we tend to blame _____. When things go well, we tend to take the _____.

David produces a catalogue of benefits from God. First is God’s _____ of our sins. Our own path to God is littered with sinful thoughts and actions that prevent our access to His presence and power. But God forgives and removes those self-made _____ and opens our _____ to Him.

Additionally, God _____ all your diseases. Our God’s concern for you includes promises to touch your life _____ and _____, not just a promise of heaven someday. But when that day comes, God has a plan. He _____ your life from the Pit, a promise that would only fully be realized in the _____.

Finally, David lingers on his thoughts about the love of God for us. In verse 8 and following, he offers one of the most beautiful expressions of God’s love in all of Scripture. God’s _____ for us gives rise to His _____ of us. He says that the _____ of the _____ He has created between us and our sin corresponds to the _____ of His _____ for us.

Here's the point: The height of the heavens above the earth is _____ and the distance God removes your sin from you when you choose to become a follower of Jesus and accept His forgiveness is just as _____.

God’s unfathomable love and forgiveness for us should cause us to pray, “Lord, _____.”