

# He has forgiven all your sins

## Psalm 103:1-13

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### 1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

### 2 Digest

Answer from what the passage actually says — stay in the text.

#### 1. What does this passage show me about God?

*What benefits does the psalm tell your soul not to forget?*

*How far does God remove your sins (v. 12)?*

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#### 2. What does it show me about people — and about myself?

*To whom does the psalm compare God's compassion (v. 13)?*

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#### 3. What will I obey this week? (a concrete step, with a day)

*What have you been carrying that God has already forgiven?*

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#### 4. Who will I tell?

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### 3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

### ★ Pray

*Lord, thank you for forgiving all my sins. Help me stop carrying what you have already taken away.*

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