

He heals all your diseases

Psalms 103:1-22

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 the soul not to forget, and what does it say about how God treats us?

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

Which of these benefits have you stopped expecting from God?

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

What will you deliberately remember and thank God for this week?

4. Who will I tell?

Who needs to hear that God's compassion is not worn out?

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

Father, you forgive, you heal, you redeem and you satisfy — and you do not tire of doing it. Teach us to bless you with everything in us.



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