

*Praise God for His Goodness and Love!*



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**- Psalm 103:4-5**

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Psalm 103 is a song of worship reminding us of the many ways God has blessed his people. If you've trusted in Jesus for your salvation, then you are one of God's people, too. These blessings are for you! Once you've memorized verses 4-5, go back and add them to the ones you've already learned. Our goal is to say the whole Psalm from memory.

Verse 4 says, God is the one **“who redeems your life from the pit.”** Imagine you fell into a deep, dirty hole and you couldn't get out. Your life would be in danger. This verse reminds us that sin is like a pit. It's a trap we all fall into and it leads to death and hell. Only God can rescue us. God showed us his **“love and mercy”** by sending Jesus to die for our sins. Jesus died in our place to take the punishment we deserve. If we trust in Jesus, God forgives all our sins and gives us the gift of eternal life. What an amazing blessing!

God delights to **“satisfy you with good.”** Every good thing you have - loving parents, tasty food, a safe place to live - comes from God. But of all God's good gifts, the greatest is Salvation. Through Jesus, God sets us free from the fear of punishment and takes away the guilt and shame of sin... **“so that your youth is renewed like the eagle’s.”** With the weight of sin removed, your heart feels light and strong, like an eagle in flight.

Read Psalm 103, underline all the places that speak of God's forgiveness. Thank God for the blessings in these verses. Ask him to fill your heart with joy... **“so that your youth is renewed like the eagle’s.”**