

Psalm 103.

How do we respond to blessing?

This Week's Practice:

Prayer of Remembrance

Throughout Scripture, God's people are repeatedly called to remember His faithfulness. Psalm 103 reminds us that gratitude begins by remembering the ways God has forgiven, healed, redeemed, and sustained us.

This week, spend a few moments each day practicing a Prayer of Remembrance with Psalm 103.

How to practice the Prayer of Remembrance:

Read

Read Psalm 103 (slowly) and sit with the text for a minute. Pay attention to the words, phrases, and rhythms of the Psalm and take note of what catches your attention.

Remember

Take time to reflect on your own life and consider where you have experienced the following:

God's provision?

God's forgiveness?

God's protection?

God's guidance?

God's presence?

Jot down one or two specific examples for each.

Give Thanks

Respond to the memory of God's work in your life by offering a simple prayer of gratitude:

"Lord, I thank You for..."

Be specific about your responses in correlation to what you remembered. For example, "Lord, thank You for the food on my table." Do this for each of the examples you noted in the "remember" section of your prayer of remembrance.

Repeat this prayer daily throughout your week.

Psalm 103

How do we respond to blessing?

Led by Professor Kirk Sandvig

What insight did Kirk reference in regards to Psalm 103?

What characteristics of God were expressed in Kirks reflections on Psalm 103?

What challenged, encouraged, or surprised you about our scripture passage today?

The Testimony of Kirk Sandvig

- What characteristics of God does Kirk reference in his testimony?

- Where do you notice the presence of God in Kirk's story?

- What response does Kirk's story invite or encourage in you?