



## 232: Psalm 103

Psalm 103, read first, from the New American Standard Bible, and then from the Common English Bible. A Psalm of David.

“Bless the Lord, my soul, and all that is within me, bless His holy name. Bless the Lord, my soul, and do not forget any of His benefits: who pardons all your guilt, who heals all your diseases; who redeems your life from the pit, who crowns you with favor and compassion; who satisfies your years with good things, so that your youth is renewed like the eagle. The Lord performs righteous deeds and judgments for all who are oppressed. He made known His ways to Moses, His deeds to the sons of Israel. The Lord is compassionate and gracious, slow to anger and abounding in mercy. He will not always contend with us, nor will He keep His anger forever. He has not dealt with us according to our sins, nor rewarded us according to our guilty deeds. For as high as the heavens are above the earth, so great is His mercy toward those who fear Him.

“As far as the east is from the west, so far has He removed our wrongdoings from us. Just as a father has compassion on his children, so the Lord has compassion on those who fear Him. For He Himself knows our form; he is mindful that we are nothing but dust. As for man, his days are like grass; like a flower of the field, so he flourishes. When the wind has passed over it, it is no more, and its place no longer knows about it. But the mercy of the Lord is from everlasting to everlasting for those who fear Him, and His justice to the children’s children, to those who keep His covenant and remember His precepts, so as to do them. The Lord has established His throne in the heavens, and His sovereignty rules over all. Bless the Lord, you His angels, mighty in strength, who perform His word, obeying the voice of His word. Bless the Lord, all you His angels, you who serve Him, doing His will. Bless the Lord, all you works of His, in all places of His dominion; bless the Lord, my soul.”

“Let my whole being bless the Lord. Let everything inside me bless His holy name. Let my whole being bless the Lord and never forget all His good deeds: how God forgives all your sins, heals all your sickness, saves your life from the pit, crowns you with faithful love and compassion, and satisfies you with plenty of good things so that your youth is made fresh like an eagle’s. The Lord works righteousness; does justice for all who are oppressed. God made His ways known to Moses; made His deeds known to the Israelites. The Lord is compassionate and merciful, very patient, and full of faithful love. God won’t always play the judge; He won’t be angry forever. He doesn’t deal with us according to our sin or repay us according to our wrongdoing, because as high as heaven is above the earth, that’s how large God’s faithful love is for those who honor Him.

“As far as east is from west, that’s how far God has removed our sin from us. Like a parent feels compassion for their children, that’s how the Lord feels compassion for those who honor Him. Because God knows how we’re made, God remembers we’re just dust. The days of a human life are like grass: they bloom like a wildflower; but when the wind blows through it, it’s gone; even the ground where it stood doesn’t remember it. But the Lords’ faithful love is from forever ago to forever from now for those who honor Him. And God’s righteousness reaches to the grandchildren of those who keep His covenant and remember to keep His commands. The Lord has established His throne in heaven and His kingdom rules overall. You divine messengers, bless the Lord. You who are mighty in power and keep His word, who obey everything He says, bless Him. All you heavenly forces, bless the Lord. All you who serve Him and do His will, bless Him. All God’s creatures, bless the Lord. Everywhere, throughout His kingdom, let my whole being bless the Lord.”

This is the word of the Lord. Thanks be to God.