

February 13-17, 2017

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5 MINUTES / 5 DAYS

Psalm 103 – As we work our way through Psalm 103, take your time. Don't rush through the passage. Rather, meditate on the significance of the words and their meanings. Chew on the thoughts and let them trickle down into the deepest parts of your heart. Allow the Holy Spirit to work in your life through the living Word of God.

MONDAY Psalm 103:1-5

It's Monday! Many times in our culture, Monday is seen as a huge bummer. Well don't buy into that thinking! Look at Monday as an opportunity to thank God for what He has done for you. God is just as steadfast in His love and mercy on Monday at 5 AM as He is on Friday at 5 PM. Let's start this week by pouring out blessings on God. Thank God for the sunshine (or snow)! Acknowledge the Creator of the universe as you get up and start your day.

Be thankful! Throughout the day, thank God for His love and mercy. If you need extra encouragement today, listen to "Today Is The Day" by Lincoln Brewster.

TUESDAY Psalm 103:6-8

Let's get real. Here are some questions that may hit close to home. That's how God works. He desires to get past the exterior and goes straight to our hearts. Here we go. Are you angry at God? Are you angry at God for something that has happened in your life? Are you angry at a family member or co-worker? Are you angry at your spouse or one of your children? Are you angry at a church member?

As you think through these questions, ponder this: God is merciful and gracious to us. He is slow to anger! His love for us cannot run dry or be measured. We can respond one of two ways to anger. We can reject God's plan for dealing with it and allow it to fester and spread like a disease; or we can surrender and experience the fullness of His grace, mercy, and love as expressed in this Psalm.

*Will you allow God to work in your heart and soul **RIGHT NOW**? Talk to God wherever you are, and ask Him to deliver you from a spirit of anger and resentment and give you a heart full of grace and love. Listen to the hymn, "I Surrender All".*

Glorifying God by producing more maturing followers of Jesus.

WEDNESDAY Psalm 103:9-12

Are you thankful that God doesn't deal with us according to our sins? What if He did? God is kind and merciful to us even when we make bad choices and fail. God's love is seen in this passage in the form of mercy. It is comforting to know that our sin is removed ...*as far as the east is from the west*. What a joy it is to know that in Christ, there is freedom and forgiveness. Allow these verses to encourage you. Instead of dwelling on past sin, focus on thanking God for His great love.

Listen to the song "East to West" by Casting Crowns. It is a great reminder of God's love and forgiveness!

THURSDAY Psalm 103:13-19

We are fragile. In today's passage, we are compared to dust, grass, and a flower. God sees us in our humanity and looks on us with compassion. David illustrates this by comparing God's compassion to that of a father and his child. God cares about us in a deep loving way. We are reminded for the fourth time that God's love is steadfast. It does not change like the seasons and is not fragile, but is unchangeable and everlasting.

Thank God that he sees you where you are today and has compassion for you. Listen to the song "How He Loves" by David Crowder.

FRIDAY Psalm 103:20-22

Matt Redman wrote a song called "10,000 Reasons". The song expresses the many reasons to pour out blessing on the Lord. We started this week by blessing God and we'll finish it in the same way. From Monday to today, think about all the things that God has allowed to happen. Take some time to think about the blessings God has brought your way. Having a joyful and thankful heart will help us appreciate the many things God has done, is doing, and will do.

Bless the Lord and worship His holy name!

Bless the Lord for some specific things he has done in your life. Listen to "10,000 Reasons" by Matt Redman!