

Prayer Series (4): Praying with Scripture – PSALM 103

Who's your hero? (S) And what do you admire about them? (FEEDBACK)

Psalm 103 like meeting your hero – people of God meeting their hero i.e. God himself.

And can't help but talk about everything they admire about him – content of the psalm. Summarised (S) 'God you're amazing!'

Series on prayer – using prayers in the bible. Psalms is a book of songs and prayers – great to use, as they talk to God directly. Some happy, some sad, some angry – but point is, make great prayers because we can pray them direct to God.

Psalm of praise – start: 'praise the Lord, my soul.' Why is it good to praise God? (ASK)

- (S) Friendship – all good friendship involve some mutual appreciation. I like you because you're kind or you're good at sport.
- (S) Perspective – he's God and we aren't. More than just a human friend – he can do things we can't. So we worship him – get excited in same way as when we meet our heroes.

What does God do?

(S) Forgives us (v3) then v9-11. Not very fashionable – watched War Horse this week – going into battle 'Fear God, honour the king.' Would we say that today? Might say 2nd bit, Queen still very popular – but probably not first. But I still meet a lot of people carrying guilt or shame about something, and don't know what to do about it, they don't feel clean and nothing they do takes it away.

Started Alpha course on Tuesday – still time to join this week – talked about advertising? How much spend on advertising in 2015 – in UK? £20bn, Globally £368bn. Persuading you to buy things never knew you needed. [\(S\)](#)

You can pretty much buy anything – but you can't buy forgiveness. Only God can really give that to you. Praise the Lord O my soul – the One who forgives all your sins. In fact writer tries to give you an image of that in v12 – As far as the east... Get someone to stand at back, go to front – THAT'S HOW FAR.

[\(S\)](#) **Compassionate (v4)** – then v8 READ – beautiful verse. What does compassion look like? Saw a link on BBC website this week to a famous incident at 1992 Olympics. Derek Redmond, GB 400m runner and strong medal prospect running in heats – SHOW VID.

READ v13-14a – Derek Redmond's father shows me what God is like. Not a distant tyrant but a loving Father, best kind of Father.

[\(S\)](#) **Satisfies us (v5)** – coming up to harvest – celebrate provision of food. Reminds us that God is a good God, not a spoilsport. This is world that God made – full of yummy stuff. God satisfies our desires with good things. Even work was meant to be fun before human beings decided they were better off without God and spoiled it.

So this is why the psalmist praises God – in fact he calls on the whole of the universe to do it – READ v20-22 and EXPAND.

What mean for us today – what are we going to take away?

- [\(S\)](#) Use psalms to help us to pray – if God like this, then we can ask him for stuff
- [\(S\)](#) Use Psalms to get a healthy perspective on life – as it really is – hard stuff and also good stuff, and fact that we need God
- [\(S\)](#) God is good – (S) what one thing about God inspires you? (turn to neighbour)