

## Lesson 10 / Psalm 103

### New International Version

1 Praise the LORD, O my soul; all my inmost being, praise his holy name.  
2 Praise the LORD, O my soul, and forget not all his benefits—  
3 who forgives all your sins and heals all your diseases,  
4 who redeems your life from the pit and crowns you with love and compassion,  
5 who satisfies your desires with good things so that your youth is renewed like the eagle's.  
6 The LORD works righteousness and justice for all the oppressed.  
7 He made known his ways to Moses, his deeds to the people of Israel:  
8 The LORD is compassionate and gracious, slow to anger, abounding in love.  
9 He will not always accuse, nor will he harbor his anger forever;  
10 he does not treat us as our sins deserve or repay us according to our iniquities.  
11 For as high as the heavens are above the earth, so great is his love for those who fear him;  
12 as far as the east is from the west, so far has he removed our transgressions from us.  
13 As a father has compassion on his children, so the LORD has compassion on those who fear him;  
14 for he knows how we are formed, he remembers that we are dust.  
15 As for man, his days are like grass, he flourishes like a flower of the field;  
16 the wind blows over it and it is gone, and its place remembers it no more.  
17 But from everlasting to everlasting the LORD's love is with those who fear him, and his righteousness with their children's children—  
18 with those who keep his covenant and remember to obey his precepts.  
19 The LORD has established his throne in heaven, and his kingdom rules over all.  
20 Praise the LORD, you his angels, you mighty ones who do his bidding, who obey his word.  
21 Praise the LORD, all his heavenly hosts, you his servants who do his will.  
22 Praise the LORD, all his works everywhere in his dominion. Praise the LORD, O my soul

### New Living Translation

1 Praise the LORD, I tell myself; with my whole heart, I will praise his holy name.  
2 Praise the LORD, I tell myself, and never forget the good things he does for me.  
3 He forgives all my sins and heals all my diseases.  
4 He ransoms me from death and surrounds me with love and tender mercies.  
5 He fills my life with good things. My youth is renewed like the eagle's!  
6 The LORD gives righteousness and justice to all who are treated unfairly.  
7 He revealed his character to Moses and his deeds to the people of Israel.  
8 The LORD is merciful and gracious; he is slow to get angry and full of unfailing love.  
9 He will not constantly accuse us, nor remain angry forever.  
10 He has not punished us for all our sins, nor does he deal with us as we deserve.  
11 For his unfailing love toward those who fear him is as great as the height of the heavens above the earth.  
12 He has removed our rebellious acts as far away from us as the east is from the west.  
13 The LORD is like a father to his children, tender and compassionate to those who fear him.  
14 For he understands how weak we are; he knows we are only dust.  
15 Our days on earth are like grass; like wildflowers, we bloom and die.  
16 The wind blows, and we are gone— as though we had never been here.  
17 But the love of the LORD remains forever with those who fear him. His salvation extends to the children's children  
18 of those who are faithful to his covenant, of those who obey his commandments!  
19 The LORD has made the heavens his throne; from there he rules over everything.  
20 Praise the LORD, you angels of his, you mighty creatures who carry out his plans, listening for each of his commands.  
21 Yes, praise the LORD, you armies of angels who serve him and do his will!  
22 Praise the LORD, everything he has created, everywhere in his kingdom. As for me—I, too, will praise the LORD.

## Amplified Bible

**1** BLESS (AFFECTIONATELY, gratefully praise) the Lord, O my soul; and all that is [deepest] within me, bless His holy name! **2** Bless (affectionately, gratefully praise) the Lord, O my soul, and forget not [one of] all His benefits— **3** Who forgives [every one of] all your iniquities, Who heals [each one of] all your diseases, **4** Who redeems your life from the pit *and* corruption, Who beautifies, dignifies, *and* crowns you with loving-kindness and tender mercy; **5** Who satisfies your mouth [your necessity and desire at your personal age and situation] with good so that your youth, renewed, is like the eagle's [strong, overcoming, soaring]! **6** The Lord executes righteousness *and* justice [not for me only, but] for all who are oppressed. **7** He made known His ways [of righteousness and justice] to Moses, His acts to the children of Israel. **8** The Lord is merciful and gracious, slow to anger and plenteous in mercy *and* loving-kindness. **9** He will not always chide *or* be contending, neither will He keep His anger forever *or* hold a grudge. **10** He has not dealt with us after our sins nor rewarded us according to our iniquities. **11** For as the heavens are high above the earth, so great are His mercy *and* loving-kindness toward those who reverently *and* worshipfully fear Him. **12** As far as the east is from the west, so far has He removed our transgressions from us. **13** As a father loves *and* pities his children, so the Lord loves *and* pities those who fear Him [with reverence, worship, and awe]. **14** For He knows our frame, He [earnestly] remembers *and* imprints [on His heart] that we are dust. **15** As for man, his days are as grass; as a flower of the field, so he flourishes. **16** For the wind passes over it and it is gone, and its place shall know it no more. **17** But the mercy *and* loving-kindness of the Lord are from everlasting to everlasting upon those who reverently *and* worshipfully fear Him, and His righteousness is to children's children—**18** To such as keep His covenant [hearing, receiving, loving, and obeying it] and to those who [earnestly] remember His commandments to do them [imprinting them on their hearts]. **19** The Lord has established His throne in the heavens, and His kingdom rules over all. **20** Bless (affectionately, gratefully praise) the Lord, you His angels, you mighty ones who do His commandments, hearkening to the voice of His

word. **21** Bless (affectionately, gratefully praise) the Lord, all you His hosts, you His ministers who do His pleasure. **22** Bless the Lord, all His works in all places of His dominion; bless (affectionately, gratefully praise) the Lord, O my soul!

## The Message

**1** O my soul, bless GOD. From head to toe, I'll bless his holy name!  
**2** O my soul, bless GOD, don't forget a single blessing!  
**3** He forgives your sins—every one. He heals your diseases—every one.  
**4** He redeems you from hell—saves your life! He crowns you with love and mercy—a paradise crown.  
**5** He wraps you in goodness—beauty eternal. He renews your youth—you're always young in his presence.  
**6** GOD makes everything come out right; he puts victims back on their feet.  
**7** He showed Moses how he went about his work, opened up his plans to all Israel.  
**8** GOD is sheer mercy and grace; not easily angered, he's rich in love.  
**9** He doesn't endlessly nag and scold, nor hold grudges forever.  
**10** He doesn't treat us as our sins deserve, nor pay us back in full for our wrongs.  
**11** As high as heaven is over the earth, so strong is his love to those who fear him.  
**12** And as far as sunrise is from sunset, he has separated us from our sins.  
**13** As parents feel for their children, GOD feels for those who fear him.  
**14** He knows us inside and out, keeps in mind that we're made of mud.  
**15** Men and women don't live very long; like wildflowers they spring up and blossom,  
**16** But a storm snuffs them out just as quickly, leaving nothing to show they were here.  
**17** GOD'S love, though, is ever and always, eternally present to all who fear him, Making everything right for them and their children  
**18** as they follow his Covenant ways and remember to do whatever he said.  
**19** GOD has set his throne in heaven; he rules over us all. He's the King!  
**20** So bless GOD, you angels, ready and able to fly at his bidding, quick to hear and do what he says.  
**21** Bless GOD, all you armies of angels, alert to respond to whatever he wills.  
**22** Bless GOD, all creatures, wherever you are—everything and everyone made by GOD. And you, O my soul, bless GOD!