Discussion Guide: October 18, 2026
Series: *Just Grateful*
Message: Remember
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Focus Passage: Psalm 103 (ESV)
Of David.
103 Bless the Lord, O my soul,
and all that is within me,
bless his holy name!
2 Bless the Lord, O my soul,
and forget not all his benefits,
3 who forgives all your iniquity,
who heals all your diseases,
4 who redeems your life from the pit,
who crowns you with steadfast love and mercy,
5 who satisfies you with good
so that your youth is renewed like the eagle's.

Discussion Questions:

1. What is one event in your life where someone did something for you that you never want to forget and why? What is something you did for someone else that you hope they always remember and why?
2. Read all of Psalm 103 (verses 1-22). The Psalm begins and ends with the same words. In the Bible this means that everything in between is connected.
    - What do you think the word “Bless” means? Goggle it or use other resources.
3. In this Psalm, we see three concentric circles that move outward from the very person (vs. 1), to the people of Israel (vs. 7), to the universal (v. 21).
    - How does knowing that God is near to you personally, faithful to his people, and worthy of being blessed by all His hosts, impact your view of God?
    - How does it impact the way you think about your past, present, and future?
4. What are the three main things for which the writer personally thanks the LORD?
    - Looking at those 3 areas, what specific things from your own life might be similar?
5. The incredible blessings and benefits of being forgiven, healed, redeemed, crowned with love and mercy, satisfied, and renewed by the Lord is ultimately found in being united with Christ. In other words, having Jesus be your Lord and Savior is what makes all these blessings and benefits possible. How might remembering what Jesus has done and is doing for you help you become a person characterized by gratitude?
6. What are you grateful to God for most today and why?

Time of Prayer:
God, we pause today to remember who you are and what you had done for us in Jesus. Thank you for giving us your Son, who is the Savior and the Lord. Help us to be people who take time to remember you, your goodness, and your faithfulness. Show us how to daily live in remembrance of Jesus and the depths of His and Your love for us.