

Jesus in the Psalms

Is Jesus Enough in Dissapointment?

When I am experiencing a major disappointment, when what I desire (even a good thing) is unmet, is Jesus enough for me?

Unfulfilled longings can take our eyes off of the Lord Jesus. Rather than praising Him, rejoicing and giving thanks, our emotions take over, ladies. What are some of those emotions and attitudes that grow when left unchecked? Write down a few that you may have or are experiencing such as: discontentment, _____, _____, _____

Please take time over the next several days and read Psalm 103, focus your thoughts on the instruction, response, and reminders of the Psalmist. This is a Psalm of David. The words of the Psalm are provided on the last page for you to use and mark as you study.

Underline the statements in the first 5 verses about Jesus that David is reminding himself about. What do you need to hear at this time in your life?

Why?

Stop and thank God for this reminder about who He is.

Verse 4 uses the word "redeems," a word not often used every day. Use a Bible study tool such as a concordance, blueletterbible.org or a Bible dictionary to look more closely at this word. Write down some of the insights you learn.

Read the Psalm again, looking for the gifts that God gives to His people. Take careful note of His attributes. Please circle or highlight these. For example, one of those gifts is to crown you with

As you do this, notice that these promises and blessings are in many of the Psalms we have been studying so far as well. What reassurance does this give you?

How can you apply this in your life?

Please take time to read this Psalm out loud. For extra memorization, read it to someone else!

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 iniquities,
Who heals all your diseases,
⁴ Who redeems your life from destruction,
Who crowns you with lovingkindness and tender mercies,
⁵ Who satisfies your mouth with good *things*,
So that your youth is renewed like the eagle's.
⁶ The LORD executes righteousness
And justice for all who are oppressed.
⁷ He made known His ways to Moses,
His acts to the children of Israel.
⁸ The LORD *is* merciful and gracious,
Slow to anger, and abounding in mercy.
⁹ He will not always strive *with us*,
Nor will He keep *His anger* forever.
¹⁰ He has not dealt with us according to our sins,
Nor punished us according to our iniquities.
¹¹ For as the heavens are high above the earth,
So great is His mercy toward 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 pities *his* children,
So the LORD pities those who fear Him.
¹⁴ For He knows our frame;
He remembers that we *are* dust.
¹⁵ As *for* man, his days *are* like grass;
As a flower of the field, so he flourishes.
¹⁶ For the wind passes over it, and it is [Ⓜ]gone,
And its place remembers it no more.
¹⁷ But the mercy of the LORD *is* from everlasting to everlasting
On those who fear Him,
And His righteousness to children's children,
¹⁸ To such as keep His covenant,
And to those who remember His commandments to do them.
¹⁹ The LORD has established His throne in heaven,
And His kingdom rules over all.
²⁰ Bless the LORD, you His angels,
Who excel in strength, who do His word,
Heeding the voice of His word.
²¹ Bless the LORD, all *you* His hosts,
You [Ⓜ]ministers of His, who do His pleasure.

²² Bless the LORD, all His works,
In all places of His dominion.
Bless the LORD, O my soul!