


Psalm 103

v1 – praise	(verb)	express admiration and gratitude to God
v1 – the LORD	(proper noun)	God’s personal name
v1 – soul	(noun)	the non-physical part of a person
v1 – inmost	(adjective)	furthest within
v1 – holy	(adjective)	set apart for God
v3 – forgive	(verb)	choose no longer to be angry with someone who has wronged you
v3 – sins	(noun)	rebellion against God; rejection of God
v3 – heals	(verb)	makes someone who is sick to be well again
v4 – redeems	(verb)	buys back for a price
v4 – pit	(noun)	a deep hole in the ground
v4 – compassion	(noun)	feeling of pity or sadness for someone who is suffering
v5 – satisfies	(verb)	fulfils the needs and desires of someone
v5 – desires	(noun)	a strong wish to have something
v5 – renewed	(verb)	restored; recovered
v5 – eagle	(noun)	



v6 – righteousness	(noun)	the quality of always doing what is morally right
v6 – justice	(noun)	fairness in the way that people are treated
v6 – the oppressed	(noun)	people who are treated cruelly and prevented from having the same privileges as everyone else
v7 – deeds	(noun)	actions
v8 – gracious	(adjective)	kind and good beyond what someone deserves
v8 – abounding	(adjective)	be supplied with lots of something
v9 – accuse	(verb)	tell someone that they have done something wrong
v9 – harbour	(verb)	have a thought or feeling in mind for a long time
v10 – iniquities	(noun)	wicked acts; sins

v11 – the heavens (noun)	the skies
v12 – transgressions (noun)	disobedience of God’s law; sins
v14 – dust (noun)	very small particles of dirt
v15 – flourishes (verb)	grows well and healthily
v18 – covenant (noun)	a binding agreement between two parties about how they will relate to each other
v18 – precepts (noun)	rules about behaviour in certain circumstances
v19 – throne (noun)	a special seat that kings and queens sit on
v20 – mighty (adjective)	strong, powerful
v20 – ‘do his bidding’	following his instructions or commands
v21 – hosts (noun)	large numbers; multitudes
v22 – dominion (noun)	control or authority

Psalm 103 (New International Reader’s Version)

A psalm of David.

- ¹ I will praise the LORD.
Deep down inside me, I will praise him.
I will praise him, because his name is holy.
- ² I will praise the LORD.
I won’t forget anything he does for me.
- ³ He forgives all my sins.
He heals all my sicknesses.
- ⁴ He saves my life from going down into the grave.
His faithful and tender love makes me feel like a king.
- ⁵ He satisfies me with the good things I desire.
Then I feel young and strong again, just like an eagle.
- ⁶ The LORD does what is right and fair
for all who are treated badly.
- ⁷ He told Moses all about his plans.
He let the people of Israel see his mighty acts.
- ⁸ The LORD is tender and kind. He is gracious.
He is slow to get angry. He is full of love.
- ⁹ He won’t keep bringing charges against us.
He won’t stay angry with us forever.
- ¹⁰ He doesn’t punish us for our sins as much as we should be punished.
He doesn’t pay us back in keeping with the evil things we’ve done.
- ¹¹ He loves those who have respect for him.
His love is as high as the heavens are above the earth.
- ¹² He has removed our sins from us.
He has removed them as far as the east is from the west.
- ¹³ A father is tender and kind to his children.
In the same way, the LORD is tender and kind to those who have respect for him.
- ¹⁴ He knows what we are made of.
He remembers that we are dust.
- ¹⁵ The life of human beings is like grass.
People grow like the flowers in the field.
- ¹⁶ When the wind blows on them, they are gone.
No one can tell that they had ever been there.
- ¹⁷ But the LORD’s love
for those who have respect for him
lasts for ever and ever.
Their children’s children will know
that he always does what is right.
- ¹⁸ He always loves those who keep his covenant.
He always does what is right for those who remember to obey his commands.
- ¹⁹ The LORD has set up his throne in heaven.
His kingdom rules over all.
- ²⁰ Praise the LORD, you angels of his.
Praise him, you mighty ones
who carry out his orders and obey his word.
- ²¹ Praise the LORD, all you angels in heaven.
Praise him, all you who serve him and do what he wants.
- ²² Let everything the LORD has made praise him
everywhere in his kingdom.
- I will praise the LORD.

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Sundays
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