



## PSALM 103

Bless the Lord, O my soul, and all  
that is within me, bless his holy name!

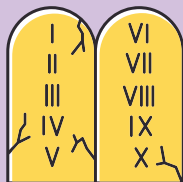
(PSALM 103:1)

### STRUCTURE

- v. 1-7** Bless the Lord, O my soul, for the Lord works righteousness for His people!
- v. 8-13** We have sinned, but the Lord is forgiving.
- v. 24-18** We are dust, but the Lord's grace is everlasting.
- v. 19-22** Bless the Lord, O my soul, with all creation, great and small!

### AT A GLANCE

- OF A KIND** The "model lament" of Psalm 102 ended with a statement of trust, which is expanded upon in Psalm 103 and then breaks forth into joyous praise.
- AUTHOR** This is the only psalm attributed to David that mentions Moses, reminiscent of similar reminders of Moses and the Exodus throughout the psalter.
- "BLESS THE LORD!"** The Hebrew word used here indicates the act of kneeling, adoration toward our God demonstrated physically.



## CHRIST IS HERE

In Christ, God forgives all our iniquity and heals all our diseases. He removes our transgressions from us as far as the east is from the west.



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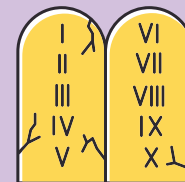
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## CHRIST IS HERE

In Christ, God forgives all our iniquity and heals all our diseases. He removes our transgressions from us as far as the east is from the west.



**"Bless the Lord, O my soul!"** This refrain, repeated twice at the beginning of the psalm and four times at the end, makes the joyous theme of Psalm 103 quite evident: the Lord has acted to deliver, praise Him! There are many psalms that declare the psalmist's innocence; this is not one of them. David freely admits that he has sin in need of forgiveness — that he like all men is transitory, and he praises God for his forgiveness and His everlasting love. God's people take their confidence from His previous deeds of salvation, demonstrated particularly by His deeds in the Exodus. One is not confident because of his own uprightness, but because of God's mercy and acts of salvation. As in Psalm 90, man is compared to the grass (v. 15-16), but here this declaration is not one of despair. Man may be fleeting, but "the steadfast love of the Lord is from everlasting to everlasting on those who fear him" (v. 17). God knows that His people are like the grass, so He is gracious and merciful. His anger will come to an end in grace and love that has no end.

## USE IN THE CHURCH

**Antiphon:** v. 1a

**In the Daily Office:** Saturdays at Matins

**At the Divine Service:** Introit for St. Michael (ant: v. 20),  
Gradual for St. Michael (v. 1), Verse for New Year's Eve (v. 17a)

**One-Year:**

Gradual/Tract for Ash Wednesday, Holy Monday, Holy Tuesday (v. 10); historically for weekdays in Lent

Psalm for Trinity 3 (ant: v. 8)

**Three-Year:**

Introit for Epiphany 7B, Proper 10A (ant: v. 8) and Epiphany 7A (ant: v. 2-3)

Fourth seasonal Gradual in Pentecost for Propers 21-25 (v. 1), "Angeltide"

Psalm for Epiphany 7C (ant: v. 8), Epiphany 8B and Proper 3B (ant: v. 22), and Proper 19A (ant: v. 13)

**Hymns:** LSB 820, "My Soul, Now Praise Your Maker"

LSB 814, "O Bless the Lord, My Soul"

LSB 793, "Praise, My Soul, the King of Heaven"

LSB 790, "Praise to the Lord, the Almighty"

## SPIRITUAL CARE

- Giving thanks for forgiveness.
- For Christ's return.
- For mercy.
- During fiery trials (SEE 1 PETER 4:12-13).
- At Confession and Absolution.

## PSALM PRAYER

PSALM  
103

O Lord, heal all the diseases of Your people. You always pity sinners as a father shows compassion to his children, and You redeem our lives from the pit. With our souls we bless You and with our lives we glorify You; through Jesus Christ our Lord. Amen.

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