



Series: Seasons in the Psalms, Reflections on God and the Significance of the Soul

Passage: Psalm 103

Title: The Joy of a Grateful Heart

Speaker: Pastor David Menard 9/28/2025

Discussion Starter –What does FOMO mean? Who promotes FOMO and why? Why is this approach effective within the advertising industry? How does this approach conform or conflict with our walk in faith? Do you feel like you are missing out on something in your Christian walk?

Read Psalm 103:1-14

1. Who or what is David addressing when he commands his soul to “bless the Lord”?
2. What else might his soul be involved with that it needs to be commanded to bless the Lord?
 - a. What potentially occupies your soul that interferes with simple worship and thanksgiving?
3. What does David turn to that initiates a heart of gratefulness?
 - b. How are you inspired as you meditate on the numerous blessings described in these verses that God has provided to us as believers?
 - c. Are these blessings enough to provide rest, satisfaction, and contentment in your soul, or do you strive for more?

Read Psalm 103:15-22

4. What is the state of man and his life apart from God?
5. What does God offer to those who are allegiant to Him?
 - d. What conditions are stated in verses 17 and 18 that precede God’s mercy? What does it look like to meet these conditions in your life?
6. What is the significance of verse 19 within this psalm?

Read 1 Thessalonians 5:16-18, Ephesians 5:19-20, and Philippians 4:11-13

7. What is the daily attitude that Paul assumes will be the defining characteristic of believers in these verses?
8. How can we be content and live in thankfulness in this material world and avoid the lure of FOMO?