1. Read Psalm 103:1 Psalms are composed in parallelism, meaning the second sentence often explains the first (or expands it or says the exact opposite). How does verse 1 explain what the soul is?
2. Read 1 John 4:9-10. What causes us to love God?
3. One expression of our love for God is praise and worship. Read the entire Psalm 103 and highlight how God has expressed His love to you.
4. Take time to reflect on each of the highlights passages and give examples how you have experienced God’s good works in your life.
5. Now take what you have written down and find ways to tell God how much you love Him for all that He has done in your life: write your own Psalm, sing a worship song, etc.