

# DAY OF PRAYER

## MARCH 25, 2020

### MORNING

Read Psalm 103 and prayerfully reflect on vv. 6-14, paying special attention to

- The Lord's care for the oppressed (v.6)
- The Lord's mercy and grace (v.8)
- The Lord's anger (vv.8-9)
- The Lord's love (vv.8, 11)
- The Lord's forgiveness (v.10, 12)
- The Lord's compassion (v.13)
- The Lord's understanding (v.14)

#### PRAY FOR THE FOLLOWING

- The end to the coronavirus pandemic
- The encouragement of those who have tested positive for coronavirus
- The recovery of those who are suffering from symptoms of coronavirus
- The development of a medicine to treat coronavirus
- The development of a vaccine to prevent coronavirus

### NOON

Read Psalm 103 and prayerfully reflect on vv.15-19, paying special attention to

- Our mortality (vv.15-16)
- The Lord's everlasting love (v.17-18)
- The Lord's kindness to those who fear him, keep his covenant, and do his commandments (vv.17-18)
- The Lord's established throne and pervasive kingdom (v.19)

#### PRAY FOR THE FOLLOWING

- The safety of those who are at high-risk to contract and suffer the effects of coronavirus (i.e. those with physical, medical, or age-related challenges), especially those among the Grace Family
- The protection of healthcare workers
- The need for wisdom among federal, state, and local officials in managing the pandemic
- The development of thoughtful and creative ways to love and support our church family and neighbors, especially in the gospel
- The strength, safety, and ongoing support of our Grace Partners at home and around the world

### EVENING

Read Psalm 103 and prayerfully reflect on vv.1-5; 20-22, paying special attention to

- Blessing the Lord (vv.1-2a; 20-22)
- Remembering the Lord's benefits (vv.2b-5)

#### PRAY FOR THE FOLLOWING

- The unity of households now living in close and constant company with one another
- The encouragement of those whose employment has been compromised or eliminated because of the pandemic
- The growth of trust and confidence in the Lord
- The release of every anxiety to the Lord
- The spread of the gospel in these days

## SUGGESTIONS FOR FAMILIES

#### ENTIRE FAMILY

1. Make a poster on which family members can write ways they remember "all his benefits" throughout the day
2. Memorize verse 8 together: read it out loud 8-10 times and say it together
3. Take turns reading portions of Psalm 103 out loud in the New Living Translation

#### CHILDREN

1. Choose a section or verse and draw a picture of it
2. Make up hand motions for vv. 8-14 (or more!)
3. Older: write out Psalm 103 and illustrate it

## SONGS FOR MEDITATION & REFLECTION

(CLICK TO OPEN)

10,000 Reasons – Matt Redman  
Psalm 103 – Sons of Korah  
Psalm 103 – Indelible Grace  
Hymns based on Psalm 103



# Psalm 103. Of David.

ENGLISH STANDARD VERSION (ESV)

**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 iniquity, who heals all your diseases,

**4** who redeems your life from the pit, who crowns you with steadfast love and mercy,

**5** who satisfies you with good so that your youth is renewed like the eagle's.

**6** The Lord works righteousness and justice for all who are oppressed.

**7** He made known his ways to Moses, his acts to the people of Israel.

**8** The Lord is merciful and gracious, slow to anger and abounding in steadfast love.

**9** He will not always chide, nor will he keep his anger forever.

**10** He does not deal with us according to our sins, nor repay us according to our iniquities.

**11** For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him;

**12** as far as the east is from the west, so far does he remove our transgressions from us.

**13** As a father shows compassion to his children, so the Lord shows compassion to 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; he flourishes like a flower of the field;

**16** for the wind passes over it, and it is gone, and its place knows it no more.

**17** But the steadfast love of the Lord is from everlasting to everlasting on those who fear him, and his righteousness to children's children,

**18** to those who keep his covenant and remember to do his commandments.

**19** The Lord has established his throne in the heavens, and his kingdom rules over all.

**20** Bless the Lord, O you his angels, you mighty ones who do his word, obeying the voice of his word!

**21** Bless the Lord, all his hosts, his ministers, who do his will!

**22** Bless the Lord, all his works, in all places of his dominion.

Bless the Lord, O my soul!