

## DAY 6 – Mercy Endures

### **Psalm 103**

**103** Bless the Lord, O my soul: and all that is within me, bless his holy name.

<sup>2</sup> Bless the Lord, O my soul, and forget not all his benefits:

<sup>3</sup> Who forgiveth all thine iniquities; who healeth all thy diseases;

<sup>4</sup> Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies;

<sup>5</sup> Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.

<sup>6</sup> The Lord executeth righteousness and judgment for all that are oppressed.

<sup>7</sup> He made known his ways unto Moses, his acts unto the children of Israel.

<sup>8</sup> The Lord is merciful and gracious, slow to anger, and plenteous in mercy.

<sup>9</sup> He will not always chide: neither will he keep his anger forever.

<sup>10</sup> He hath not dealt with us after our sins; nor rewarded us according to our iniquities.

<sup>11</sup> For as the heaven is high above the earth, so great is his mercy toward them that fear him.

<sup>12</sup> As far as the east is from the west, so far hath he removed our transgressions from us.

<sup>13</sup> Like as a father pitieth his children, so the Lord pitieth them that fear him.

<sup>14</sup> For he knoweth our frame; he remembereth that we are dust.

<sup>15</sup> As for man, his days are as grass: as a flower of the field, so he flourisheth.

<sup>16</sup> For the wind passeth over it, and it is gone; and the place thereof shall know it no more.

<sup>17</sup> But the mercy of the Lord is from everlasting to everlasting upon them that fear him, and his righteousness unto children's children;

<sup>18</sup> To such as keep his covenant, and to those that remember his commandments to do them.

<sup>19</sup> The Lord hath prepared his throne in the heavens; and his kingdom ruleth over all.

<sup>20</sup> Bless the Lord, ye his angels, that excel in strength, that do his commandments, hearkening unto the voice of his word.

<sup>21</sup> Bless ye the Lord, all ye his hosts; ye ministers of his, that do his pleasure.

<sup>22</sup> Bless the Lord, all his works in all places of his dominion: bless the Lord, O my soul.

## **Focus:** God's Compassion

**Psalm 103** is a beautiful reminder not to forget the benefits of the Lord. David begins by speaking to his own soul: "Bless the Lord, O my soul, and forget not all His benefits." In seasons of reflection like Lent, it is easy to focus on our shortcomings. Yet this psalm calls us to remember God's character — forgiving all our iniquities, healing our diseases, redeeming our lives from destruction, and crowning us with lovingkindness. God's compassion is not occasional; it is consistent.

Verse 8 declares, "The Lord is merciful and gracious, slow to anger, and abounding in steadfast love." His compassion is patient. He does not treat us as our sins deserve. He understands our frailty — that we are dust — and yet He loves us deeply. God's mercy is not reluctant; it is overflowing. When we stumble, His compassion does not run out. It meets us again and again.

For us today, Psalm 103 invites gratitude. Lent is not only about repentance; it is also about remembering mercy. The same God who calls us to holiness surrounds us with grace. His compassion restores dignity, renews strength, and lifts weary spirits. As we meditate on this psalm, may our hearts respond in worship: Bless the Lord, O my soul, and never forget His unfailing love.

**Prayer:** Compassionate God, thank You for Your mercy that never fails. You forgive, restore, and surround us with steadfast love. Help us to remember Your goodness and trust Your grace each day. Bless the Lord, O our souls. In Jesus' name, Amen.