

# MESSAGE DISCUSSION QUESTIONS

JULY 3, 2022 - MARTY GRUBBS



This week Senior Pastor Marty Grubbs dove into Psalm 103 with a message on cultivating a heart of gratitude. In a beautiful list of who God is and what he does, Psalm 103 begins with “Let all that I am praise the LORD; with my whole heart, I will praise his holy name.” The psalm tells us this type of gratitude is all in, nothing held back, actively remembering God’s goodness and grace, mercy, unfailing love, and more. The psalm ends with the same declaration it began, “Let all that I am praise the LORD.” When we remember the nature and blessings of the LORD, we can’t help but approach him with gratitude.

## SCRIPTURE: PSALM 103 NLT

- <sup>1</sup> Let all that I am praise the LORD;  
with my whole heart, I will praise his holy name.
- <sup>2</sup> Let all that I am praise the LORD;  
may I never forget the good things he does for me.
- <sup>3</sup> He forgives all my sins  
and heals all my diseases.
- <sup>4</sup> He redeems me from death  
and crowns me with love and tender mercies.
- <sup>5</sup> He fills my life with good things.  
My youth is renewed like the eagle’s!
- <sup>6</sup> The LORD gives righteousness  
and justice to all who are treated unfairly.
- <sup>7</sup> He revealed his character to Moses  
and his deeds to the people of Israel.
- <sup>8</sup> The LORD is compassionate and merciful,  
slow to get angry and filled with unfailing love.
- <sup>9</sup> He will not constantly accuse us,  
nor remain angry forever.
- <sup>10</sup> He does not punish us for all our sins;  
he does not deal harshly with us, as we deserve.
- <sup>11</sup> For his unfailing love toward those who fear him  
is as great as the height of the heavens above the earth.
- <sup>12</sup> He has removed our sins as far from us  
as the east is from the west.
- <sup>13</sup> The LORD is like a father to his children,  
tender and compassionate to those who fear him.
- <sup>14</sup> For he knows how weak we are;  
he remembers we are only dust.
- <sup>15</sup> Our days on earth are like grass;  
like wildflowers, we bloom and die.
- <sup>16</sup> The wind blows, and we are gone—  
as though we had never been here.
- <sup>17</sup> But the love of the LORD remains forever  
with those who fear him.  
His salvation extends to the children’s children
- <sup>18</sup> of those who are faithful to his covenant,  
of those who obey his commandments!
- <sup>19</sup> The LORD has made the heavens his throne;  
from there he rules over everything.
- <sup>20</sup> Praise the LORD, you angels,  
you mighty ones who carry out his plans,  
listening for each of his commands.
- <sup>21</sup> Yes, praise the LORD, you armies of angels  
who serve him and do his will!
- <sup>22</sup> Praise the LORD, everything he has created,  
everything in all his kingdom.  
Let all that I am praise the LORD.

## DISCUSSION QUESTIONS

1. What stood out from Marty’s message?
2. Read Psalm 103. Highlight or underline those things for which you should be grateful.
3. Choose 2-3 different things for which you have personal examples of God’s provision or blessing. Describe them.
4. What would it look like to “Praise the LORD with all that you are”? (cultivate a heart of gratitude)
5. What will change in your life if you are in a constant state of gratitude?
6. How can we pray for you?

## PRAYER

Thank the Lord for those blessings and provisions revealed in question 3. Spend this entire prayer time in praise of who God is and what he does. Ask God to bring to mind different ways he has worked, or is working, in your life.