

**12/31/2023 - Speaker: Al Schaap**  
**Seeing This Past Year – With Eyes of Praise**  
**Psalm 103 (p. 595)**

*Praise the LORD, O my soul; all my inmost being, praise His holy name. Praise the LORD, O my soul, and forget not all His benefits... (Psalm 103:1-2)*

→ I should \_\_\_\_\_ praise God & not forget what He's done!

...for all His "benefits":

*Praise the LORD, O my soul; all my inmost being, praise His holy name. Praise the LORD, O my soul, and forget not all His benefits—Who forgives all your sins and heals all your diseases, Who redeems your life from the pit and crowns you with love and compassion, Who satisfies your desires with good things so that your youth is renewed like the eagle's. (103:1-5)*

● He \_\_\_\_\_ our sins – \_\_\_\_\_ of them!

● He \_\_\_\_\_ our \_\_\_\_\_

● He redeems our lives from "the pit" –

\_\_\_\_\_ , \_\_\_\_\_

● He has \_\_\_\_\_ us w/ \_\_\_\_\_ & \_\_\_\_\_  
...and He has \_\_\_\_\_  
w/ \_\_\_\_\_ things...so our \_\_\_\_\_ is renewed  
*like the eagle's!!!*

*19 The LORD has established His throne in heaven, and His kingdom rules over all.*

*20 Praise the LORD, you His angels, you mighty ones who do His bidding, who obey His word.*

*21 Praise the LORD, all His heavenly hosts, you His servants who do His will.*

*22 Praise the LORD, all His works everywhere in His dominion. Praise the LORD, O my soul. (103:19-22)*

Top things I'm praising God for from 2023: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Key: personally; forgives, all; heals, diseases; restores, protects; crowned, love, compassion, satisfied our desires, good, youth