

**MESSAGE BIG IDEA**

When you are good, move toward God and celebrate his goodness.

**SCRIPTURE**

Psalms 103

**ICEBREAKER AND OPENING THOUGHT**

1. If you could hang out with any cartoon character, who would you choose and why?
2. We all forget stuff. It's one thing to forget to take out the garbage or drop something off, but what happens when we forget ultimate things? Like whom we are or what God has done in our lives. Can you think of any times where you got a little too self-reliant and forgot your dependence on God?

**BIBLE DISCUSSION**

3. Read Psalm 103. What do you notice in this poem? What words, phrases, and themes stick out to you?
4. How are the themes of remembering/forgetting expressed?
5. What is this Psalm saying about God and our relationship to God?

**LIFE APPLICATION**

6. Psalm 103 doesn't ask God for anything. The Psalmist is not petitioning God but praising God for all the good God has done. Is it hard for you to remember God's goodness in either your best or worst times?
7. The Psalm says to remember all of God's benefits. What do you think those benefits are and why?
8. The practice of gratitude is beneficial in all seasons of life. How might it help us "remember" and stay connected to God?
9. How might you practice gratitude this week?