

Practical Daily Application of the 103rd Psalm (KJV)

Day	Scripture	Text	Affirmation	Life Application
1	Psalm 103:1	BLESS the LORD, O my soul; and all that is within me, bless his holy name.	<i>I bless God every moment. My soul's purpose is fulfilled.</i>	Show gratitude throughout the day taking time to thank people for the little things.
2	Psalm 103:2	Bless the LORD, O my soul, and forget not all his benefits:	<i>I thank God continually. My cup runneth over.</i>	Count your blessings.
3	Psalm 103:3a	Who forgiveth all thine iniquities;	<i>I confess my sins to God who knows them all. His grace is sufficient for me.</i>	Examine your "secret sins" and confess them to God.
4	Psalm 103:3b	who healeth all thy diseases;	<i>God is my Divine Physician. By his love I am healed.</i>	Pray for the sick.
5	Psalm 103:4a	who redeemeth thy life from destruction;	<i>I am redeemed from the slavery of sin through the blood of Christ Jesus. I cannot be destroyed.</i>	Thank God for letting you know Jesus.
6	Psalm 103:4b	who crowneth thee with lovingkindness and tender mercies;	<i>God's mercy surrounds me. I am loving and kind to all I meet.</i>	Practice extending yourself to others.
7	Psalm 103:5	Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.	<i>God's renewal power energizes my life. I spread my wings and fly.</i>	Try something new or do something in a new way.
8	Psalm 103:6	The LORD executeth righteousness and judgment for all that are oppressed.	<i>God's righteousness is my gift. His divine judgment separates me from evil. I am free to praise him.</i>	Tell someone about something the Lord has done for you in the last 24 hours
9	Psalm 103:7	He made known his ways unto Moses, his acts unto the children of Israel.	<i>God's revealed word guides my life. I listen, I hear and I do accordingly.</i>	Consider where change is needed in your life. Pray about it.
10	Psalm 103:8	The LORD is merciful and gracious, slow to anger, and plenteous in mercy.	<i>I am a living example of God's mercy and grace. Hallelujah!</i>	Reflect on three examples of God's grace and mercy in your life
11	Psalm 103:9	He will not always chide: neither will he keep his anger for ever.	<i>As God forgives me, so do I forgive others.</i>	Examine your relationships with your family, friends and acquaintances. Forgive them and yourself. Pray for them all.
12	Psalm 103:10	He hath not dealt with us after our sins; nor rewarded us according to our iniquities.	<i>God's unmerited favor falls on me continually. My faith is constantly renewed.</i>	Thank God for allowing you to recognize his mercy when it is occurring
13	Psalm 103:11	For as the heaven is high above the earth, so great is his mercy toward them that fear him.	<i>My God is an awesome God. His immeasurable mercy is my inheritance.</i>	Think about his goodness. Think about his mercy. Think about his grace that's brought us through.
14	Psalm 103:12	As far as the east is from the west, so far hath he removed our transgressions from us.	<i>I am separated from sin through Christ, my Redeemer.</i>	Thank God for Jesus.
15	Psalm 103:13	Like as a father pitieth his children, so the LORD pitieth them that fear him.	<i>God's compassion is my rope and my lifeline. I tie a knot and hold on.</i>	Help a child.
16	Psalm 103:14	For he knoweth our frame: he remembereth that we are dust.	<i>God knows everything about my weaknesses. I am still loved.</i>	Do not languish in guilt.
17	Psalm 103:15-16	As for man, his days are as grass: as a flower of the field, so he flourisheth. For the wind passeth over it, and it is gone; and the place thereof shall know it no more.	<i>Eternal Life is my destiny. I am not afraid of death.</i>	Consider developing a will if you don't have one. If you do, review it and make changes where necessary.
18	Psalm 103:17	But the mercy of the LORD is from everlasting to everlasting upon them that fear him, and his righteousness unto children's children;	<i>As in the past, so in the future, God's everlasting mercy and righteousness already bless my children's children;</i>	Do something special for your children and/or your grandchildren.
19	Psalm 103:18	To such as keep his covenant, and to those that remember his commandments to do them.	<i>My covenant is with God. Keeping his commandments comes easy to me.</i>	Examine your personal covenant with God.
20	Psalm 103:19	The Lord hath prepared his throne in the heavens; and his kingdom ruleth over all.	<i>I come boldly before the throne. I am joyfully received by God.</i>	Contribute to a foreign mission through your church or elsewhere.
21	Psalm 103:20	Bless the Lord, Ye his angels that excel in strength, that do his commandments, hearkening unto the voice of his word.	<i>I listen and I hear God. I stand triumphantly on his Word.</i>	Read and contemplate St. John 1: 1-5
22	Psalm 103:21	Bless ye the Lord, all ye his hosts; ye ministers of his that do his pleasure.	<i>I am a minister of God. It is my pleasure to serve Him.</i>	Serve the Lord with gladness at all times.
23	Psalm 103:22	Bless the Lord, all his works in all places of his dominion: bless the Lord, O my Soul.	<i>I live and breathe and have my being in God through Jesus Christ. Unending blessings are mine.</i>	Find the good in a current bad situation. Thank God for it.

May God Continue to Bless You and Your Family