

Psalm 103

Thanksgiving for God's Goodness

Of David.

- ¹ Bless the LORD, O my soul,
and all that is within me,
bless his holy name.
- ² Bless the LORD, O my soul,
and do not forget all his benefits—
- ³ who forgives all your iniquity,
who heals all your diseases,
- ⁴ who redeems your life from the Pit,
who crowns you with steadfast love and mercy,
- ⁵ who satisfies you with good as long as you live^[a]
so that your youth is renewed like the eagle's.
- ⁶ The LORD works vindication
and justice for all who are oppressed.
- ⁷ He made known his ways to Moses,
his acts to the people of Israel.
- ⁸ The LORD is merciful and gracious,
slow to anger and abounding in steadfast love.
- ⁹ He will not always accuse,
nor will he keep his anger forever.
- ¹⁰ He does not deal with us according to our sins,
nor repay us according to our iniquities.
- ¹¹ For as the heavens are high above the earth,
so great is his steadfast love toward those who fear him;
- ¹² as far as the east is from the west,
so far he removes our transgressions from us.
- ¹³ As a father has compassion for his children,
so the LORD has compassion for those who fear him.
- ¹⁴ For he knows how we were made;
he remembers that we are dust.
- ¹⁵ As for mortals, their days are like grass;
they flourish like a flower of the field;
- ¹⁶ for the wind passes over it, and it is gone,
and its place knows it no more.

¹⁷ But the steadfast love of the LORD is from everlasting to everlasting
on those who fear him,
and his righteousness to children's children,

¹⁸ to those who keep his covenant
and remember to do his commandments.

¹⁹ The LORD has established his throne in the heavens,
and his kingdom rules over all.

²⁰ Bless the LORD, O you his angels,
you mighty ones who do his bidding,
obedient to his spoken word.

²¹ Bless the LORD, all his hosts,
his ministers that do his will.

²² Bless the LORD, all his works,
in all places of his dominion.

Bless the LORD, O my soul.