

For He Himself knows our frame;  
He is mindful that we are *but* dust.

15 As for man, his days are like grass;  
As a flower of the field, so he flourishes.

16 When the wind has passed over it, it is no more,  
And its place acknowledges it no longer.

17 But the lovingkindness 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 His precepts to do them. - Psalm 103:14-18

1. Read the entire Psalm, out loud- if possible.
2. While reading it out loud- what did you recognize you hadn't noticed before?
3. According to this passage, how is man described?
4. According to this passage, who receives the Loving Kindness of the Lord?
5. Read James 1:10-12. How does this relate?
6. This passage teaches us the importance of keeping God's Word (Covenant). James teaches us to persevere under trial. Keeping His Word means to persevere under trial! What are some ways you can keep His Word even through difficulty?

This Week's Challenge:

"Jesus, my earthly life is temporary. The basis for my praise to You should be who You are and not what You do or don't do. Please show me how to praise in this way.- Amen"