

Selah: Forget Not

By Eric Farmer , August 09, 2026

Bless the Lord, O my soul, and all that is within me, bless His holy name!

Psalm 103:1 ESV

Bless the Lord, O my soul, and forget not all His benefits.

Psalm 103:2 ESV

1. He forgives ✓
2. He heals ✓
3. He redeems ✓
4. He crowns ✓
5. He satisfies ✓ and renews ✓

“Admiring gratitude shines through every line of this hymn to the God of all grace...”

- Derek Kidner

The Lord is merciful & gracious, slow to anger and abounding in steadfast love.

Psalm 103:8 ESV

...as far as the east is from the west, so far does He remove our transgressions from us.

Psalm 103:12 ESV

God knows the difference between defiance ✓ and dust ✓ .

But the steadfast love of the Lord is from everlasting to everlasting...

Psalm 103:17 ESV

Forget Not.

REFLECTION QUESTIONS

1. What message have your circumstances or emotions been preaching to you lately, and how does Psalm 103 speak back to it?
2. What practical reminder could you build into this week to help your soul remember God’s goodness rather than allowing fear, disappointment, or shame

to control the story?