SUNDAY SUPPLEMENT

FACTSS for Life | Week 2 - Adoration | Psalm 103:1-5

Central Truth: Adoration is directing all that you are toward all that God is and all that God has done.

SERMON SUMMARY

1. Praise the Lord for WHO GOD IS. David calls his whole being to worship. God's character, not our circumstances, grounds our praise. He is our Provider, Peace, Healer, Creator, Almighty God, the God who sees us, and Immanuel—God with us in Christ.

2. Praise the Lord for WHAT GOD HAS DONE. Psalm 103:3–5 reminds us that God forgives our sins, heals, redeems our lives, crowns us with love and compassion, and satisfies us with good things. These are reasons to remember his grace and praise him.

3. Adoration reorients our souls toward God. Praise gathers our thoughts, desires, decisions, and actions around God's truth. We do not need to deny life's burdens to remember that God is always worthy of worship.

REFLECTION QUESTIONS

1. Do my prayers focus more on what I need from God or on who God is?
2. Which name or attribute of God speaks most directly to my current circumstances?
3. Which of God's benefits in Psalm 103:3–5 have I experienced but perhaps forgotten?
4. How might beginning my prayers with adoration change my perspective and relationship with God?

SUGGESTED NEXT STEPS

1. **Begin with adoration.** Spend 3–5 minutes each day praising God before making requests.
2. **Remember God's faithfulness.** Write down five specific ways God has demonstrated his goodness.
3. **Pray God's character.** Choose one name or attribute of God each day to guide your prayers.
4. **Practice Psalm 103.** Read verses 1–5 aloud each morning, calling your whole being to worship.

THIS WEEK'S CHALLENGE: Before telling God what you need, remind your soul who God is.