

1. King David loved to write songs! You will find them in the book of Psalms in the Old Testament. Let's read part of one... Psalm 103: 1-5.

2. King David wanted to be sure that he never forgot all the good things God had done for him, so in his song he started to name them. He named 5 things God had done. Look at these verses and see if you can find them. (1. Forgives all my sins. 2. Ransoms me from hell. 3. Surrounds me with loving kindness and tender mercies. 4. Fills my life with good things. 5. Renews my youth like the eagles.)
3. Wow! God has really been good to you! Let's talk about each one:

1. FORGIVES MY SINS! Did you notice that sins is plural! That means He forgives all of your sins! How does that make you feel? What does it mean "to forgive"?

2. RANSOMS ME FROM HELL! Do you know what the word ransom means? Have you ever heard of someone being kidnapped? What did it mean when they asked for a ransom? (It was usually money you had to pay, so the kidnapped person could be set free!) That's what God did for you when He sent Jesus and He died on the cross. It was like you were kidnapped in hell and Jesus paid the ransom, and God set you free! 3. SURROUNDS ME WITH LOVING KINDNESS AND TENDER MERCIES! Just think about it. Doesn't it feel good to know that God surrounds you with His love. Can you think of a time when you felt loved by God? 4. FILLS MY LIFE WITH GOODS THINGS. Name some good things that you have. It's because of God that you have them!

5. RENEWS MY YOUTH. Right now you are really young. The Bible says that young people have energy just like an eagle. Have you ever seen an eagle fly really high? This verse says that God will continue to renew your young feeling!

We have so much to thank God for! You want to be like King David and never forget all that God has done for you. Stop now and remember to thank Him!

By The Way... Can you make up a song using King David's words...

God forgives my sins, Ransoms me from hell, Surrounds me with kindness, Gives me good things, And Renews my youth!