

4Ws WORSHIP GOD WHOLEHEARTEDLY

JUNE 21, 2026



WORSHIP

Suggested worship songs: How Great Thou Art, 10,000 Reasons, Goodness of God, Count Your Blessings

WELCOME

In celebration of Father's Day, name 3 things you are thankful for about your father or the father-figure in your life. How about 2 things you are grateful for about God, our Heavenly Father?

WORD

Psalm 103:1-5 (Read the rest of the psalm)

Bless the Lord, O my soul,
And all that is within me, bless His holy name.
2 Bless the Lord, O my soul,
And forget none of His benefits;
3 Who pardons all your iniquities,
Who heals all your diseases;
4 Who redeems your life from the pit,
Who crowns you with lovingkindness and compassion;
5 Who satisfies your years with good things,
So that your youth is renewed like the eagle.

We celebrate Father's Day today, and while many earthly fathers are imperfect, we have a perfect and excellent Father in heaven. He is the focus of Psalm 103.

True worship is our proper response to who God is, what He has done, and what He will continue to do. Psalm 103 is unique because it is entirely centered on God. It repeatedly uses His sacred name (YHWH, translated as LORD) and begins not with requests, but with pure adoration (vv. 1–2).

The psalmist, David, speaks to himself—commanding his soul and everything within him to “Bless the LORD.” This phrase implies kneeling, surrender, and deep gratitude. Worship begins internally, from the heart.

To **worship God wholeheartedly** is to give Him our entire being. The way we worship reflects our spiritual condition. If our worship is lifeless or indifferent, something is off in our relationship with God. A true believer who has experienced God's forgiveness cannot help but respond with gratitude. Scripture also reminds us that God's presence is with His people when they worship Him.

REMEMBER WHAT GOD HAS DONE

We are commanded to “forget none of His benefits” (v. 2). David then lists five powerful expressions of God's goodness (vv. 3–5): He **pardons, heals, redeems, crowns, and satisfies**.

When David speaks of God's pardon, he does so as someone deeply aware of his own sin—adultery, murder, and betrayal. Yet he experienced God's forgiveness. Pardon goes beyond forgiveness; it is as if the sin never happened. Through Jesus, our “sins and lawless acts” are remembered no more (Hebrews 10:17). There is now no condemnation for those who are in Christ (Romans 8:1).

God also **heals**. While not every illness is removed instantly, we experience His healing daily—in the ability to see, hear, walk, think, and live. These are gifts we often overlook. Our health itself is a blessing from God.

He **redeems** our lives from the pit. Redemption means being bought back. Like reclaiming something from a pawnshop, God paid the price to restore us. That price was the blood of Christ, bringing forgiveness and freedom (Ephesians 1:7). We were destined for destruction, yet God rescued us—not only from eternal judgment, but also from the “pits” and struggles we face in life. We belong to Him twice—by creation and by redemption.

He **crowns** us with lovingkindness and compassion. Even in difficult seasons, God surrounds us with His grace. Sometimes hardships are the very means God uses to draw us closer to Him—and that is a greater blessing than comfort.

Finally, He **satisfies** our lives with good things. Many people have everything yet still feel empty. That is because we were created for God. Only His presence can truly

satisfy us (Psalm 16:11). True fulfillment is found not in possessions, but in Him.

RECOGNIZE WHO GOD IS

What we think about God shapes everything about us. David reflects on God's character, recalling what God revealed to Moses when he asked to see His glory (Psalm 103:6–7). The description in verses 8–10 echoes that moment: the LORD is compassionate, gracious, slow to anger, and abounding in lovingkindness.

God does not treat us as our sins deserve. His mercy is immeasurable—“as high as the heavens are above the earth,” and our sins are removed “as far as the east is from the west” (vv. 11–12). This speaks of complete and infinite forgiveness.

David then compares God's compassion to that of a father toward his children (v. 13). This is especially meaningful on Father's Day. Earthly fathers may fail, but our Heavenly Father's love is perfect, personal, and enduring (1 John 3:1). Yet His love also includes discipline. Scripture tells us that the Lord disciplines those He loves (Hebrews 12:5–6). Even correction is an expression of His care—guiding us back to Him.

REST ON GOD'S SOVEREIGNTY

David acknowledges the fragility of human life—we are like grass that quickly fades (vv. 15–16). In contrast, God's love, righteousness, and faithfulness endure forever (vv. 17–18). At the center of this truth is God's sovereignty: **He is on the throne** (v. 19).

God is supreme—He has the authority and power to do as He wills. He is not subject to anyone, nor accountable to anything outside of His own perfect nature. He is the Creator and Owner of all.

This truth should not trouble us—it should comfort us. Because God is sovereign, we can trust Him completely. Daniel declared that no one can restrain God or question His ways (Daniel 4:34–35). David himself entrusted his life to God, whether for deliverance or difficulty (2 Samuel 15:25–26).

When we understand that God is both loving and in control, we can rest. We can worship Him not only in good times, but in every circumstance.

Psalm 103 ends with a powerful call: not just for individuals, but for all creation—even the heavenly hosts—to bless the LORD (vv. 20–22). Worship is not optional; it is the rightful response of everything God has made.

One day, all creation will worship Him (Revelation 4:11). But even now, God invites us to come to Him, to rest in Him, and to worship Him wholeheartedly (Matthew 11:28).

So today, remember your Heavenly Father. Reflect on what He has done. Recognize who He is. Rest in His sovereignty. And from the depths of your soul—**bless the LORD**.

DISCUSSION QUESTIONS

(Leaders: Please choose questions that are appropriate to the level of spiritual maturity of your members)

1. Why is recalling what God has done important to worship?
2. How does realizing who God is change the way we worship?
3. What benefits and attributes of God mentioned in Psalm 103 most resonated with you, and why?

WORKS

PRAY CARE SHARE IN ACTION

Pray for more people to know the Lord not by head knowledge but by personal encounters with our Living Savior. Share to others all the benefits that God has graciously given you through Jesus. Let them know how they can enter into a personal relationship with God and worship Him wholeheartedly.

WEEKLY PRAYER POINTS

I. Thanksgiving

- Worship God for who He is, what He has done, and what He will do in our lives.

II. Country and the World

- Upright and moral governance of public servants; repentance and salvation for government leaders and citizens for a Christ-centered Philippines.
- For legislators to promote and support bills and laws aligned with God's Word.
- Pray for persecuted Christians in Sudan and Nigeria) --- many have been beheaded and murdered; earnestly seek God's intervention to stop the bloodshed. Pray for freedom from oppression, that God's word and His people bring them comfort and hope.
- Continue to pray for Israel's war with terrorists to end according to God's purpose and for His glory. For Jewish people worldwide who are experiencing a surge of antisemitism. May this lead them to the Messiah, Jesus as they turn to God for help and comfort.
- For nations in turmoil (e.g., Ukraine, Middle Eastern countries, etc.) to experience true freedom in Christ and become centers for massive spiritual revivals in their regions. For new Iranian leadership to rise up that will be for the people of Iran, will promote freedom of worship that the Iranian believers will be able to reach out to the rest of their countrymen and the people of the Middle East.
- For relief goods, financial assistance, God's comfort, healing and hope for the people in Mindanao (SOCSARGEN, Davao Region, etc.) devastated by the recent 7.9 magnitude earthquake that struck the island.

III. Church

- That CCF Members would honor and love God, and make disciples
- For elders, pastors, deacons, and families to become holy, humble, harmonious, happy, and heart-working)
- For ministries and church expansions worldwide.

IV. CCF Facilities

- Worship and Training Center
- Prayer Mountain (MMRC)

V. Personal Concerns

- Deeper and intimate relationship with God
- Righteous living.
- Salvation of family and friends

MEMORY VERSE

Psalms 103:2

2 Bless the Lord, O my soul,
And forget none of His benefits;