

1. Spend a few moments thinking and praising God based upon Psalm 103 (see below)
2. Confess any fear or discouragement you have and why you can find hope in God
3. Declare victory! Declare that God is a God of victory, victory over sin, victory over disease, victory over fear, and victory over frustration and confusion (example: God, I claim victory over fear in the name of Jesus)
4. Pay specifically for others and end your prayer time with rejoicing

**Psalm 103** *The Passion Translation*

**Our Father's Love**  
*King David's song of praise*

<sup>1</sup> With my whole heart, with my whole life,  
and with my innermost being,  
I bow in wonder and love before you, the holy God!

<sup>2</sup> Yahweh, you are my soul's celebration.  
How could I ever forget the miracles of kindness  
you've done for me?

<sup>3</sup> You kissed my heart with forgiveness, in spite of all I've done.  
You've healed me inside and out from every disease.

<sup>4</sup> You've rescued me from hell and saved my life.  
You've crowned me with love and mercy.

<sup>5</sup> You satisfy my every desire with good things.  
You've supercharged my life so that I soar again  
like a flying eagle in the sky!

<sup>6</sup> You're a God who makes things right,  
giving justice to the defenseless.

<sup>7</sup> You unveiled to Moses your plans  
and showed Israel's sons what you could do.

<sup>8</sup> Lord, you're so kind and tenderhearted  
to those who don't deserve it  
and so patient with people who fail you!  
Your love is like a flooding river  
overflowing its banks with kindness.

<sup>9</sup> You don't look at us only to find our faults,  
just so that you can hold a grudge against us.

<sup>10</sup> You may discipline us for our many sins,  
but never as much as we really deserve.  
Nor do you get even with us for what we've done.

<sup>11</sup> Higher than the highest heavens—  
that's how high your tender mercy extends!  
Greater than the grandeur of heaven above  
is the greatness of your loyal love, towering over all

who fear you and bow down before you!

<sup>12</sup> Farther than from a sunrise to a sunset—  
that's how far you've removed our guilt from us.

<sup>13</sup> The same way a loving father feels toward his children—  
that's but a sample of your tender feelings toward us,  
your beloved children, who live in awe of you.

<sup>14</sup> You know all about us, inside and out.  
You are mindful that we're made from dust.

<sup>15</sup> Our days are so few, and our momentary beauty  
so swiftly fades away!

<sup>16</sup> Then all of a sudden we're gone,  
like grass clippings blown away in a gust of wind,  
taken away to our appointment with death,  
leaving nothing to show that we were here.

<sup>17</sup> But Lord, your endless love stretches  
from one eternity to the other,  
unbroken and unrelenting toward those who fear you  
and those who bow facedown in awe before you.  
Your faithfulness to keep every gracious promise you've made  
passes from parents, to children, to grandchildren, and beyond.

<sup>18</sup> You are faithful to all those who follow your ways  
and keep your word.

<sup>19</sup> God's heavenly throne is eternal, secure, and strong,  
and his sovereignty rules the entire universe.

<sup>20</sup> So bless the Lord, all his messengers of power,  
for you are his mighty heroes who listen intently  
to the voice of his word to do it.

<sup>21</sup> Bless and praise the Lord, you mighty warriors,  
ministers who serve him well and fulfill his desires.

<sup>22</sup> I will bless and praise the Lord with my whole heart!  
Let all his works throughout the earth,  
wherever his dominion stretches,  
let everything bless the Lord!