



Mt. Calvary
Missionary Baptist Church

Rev. Dr. Deonia A. Simmons, Senior Pastor

Adult Life Group Lesson: Week #16 (November 17th – November 21st)

Title:

Objective: To help believers understand that God’s “benefits package” includes forgiveness, healing, protection, and renewal — blessings that should lead to continual gratitude and praise.

Key Terms: Benefits - Forgiveness - Healing - Redemption - Renewal

Reference Scriptures: **Psalm 103:1-5kjv**

4 Benefits From Psalm 103:3-5:

- 1.
- 2.
- 3.
- 4.

Discussion Questions:

1. Which of God’s benefits stands out to you most today — forgiveness, healing, protection, or renewal?

2. Why do we sometimes forget God’s benefits when life gets busy or hard?

3. How has God protected you from something you didn’t even know about?

4. What does it look like to live each day with a “thankful soul”?

Life Application: This week, make a gratitude list of at least three personal “benefits” you’ve experienced from God. Take time each day to thank God for what He has done for you.

Memory Verse: **Psalm 103:2kjv** — *“Bless the LORD, O my soul, and forget not all his benefits.”*