

WEEKLY GAME PLAN

Forget Not His Benefits

Read Psalm 103:1-5, 2 Corinthians 10:4-5 NIV

Context: The best way for us to start 2026 is to end 2025 by remembering what Christ has done for us, not just this past year, but throughout our lives. This is where we tell our souls what we should be focusing on. We get to decide what we think about. We can have random thoughts enter our minds, good or bad, but we get to decide which ones we give our attention and focus to, which ones we choose to meditate on.

Reflection Question: What do you choose to end this year meditating on? Looking back, what has God done for you? How has He provided, cared for and protected you? What do you know to be the truth about His love for you in spite of your current circumstances?

Read Psalm 103:1-5 (not a typo), Nahum 1:7

Context: Praise God at the end of this year for what you trust Him to do in your life in the next year! Praise Him for the ways He has already blessed your future. Praise Him for his forgiveness, for His benefits, for His healing, for the love and compassion He has crowned you with. Praise Him for the way He has satisfied you with good things. Why? “*So that* your youth is renewed like the eagle’s.” You know those people who get older and more and more cranky. Why is this? Because they are not thinking of all the things *God has done* for them. Their focus is on all of their disappointments, struggles, heartaches and hardships. Praising the Lord renews your youth.

Reflection Question: How can you end your year praising God, especially if this year has been difficult? What does it look like to trust Him with your praise? How can you share with someone else all the ways in which God has blessed you this year?

Read Psalm 103:6-12, 2 Peter 1:12, Romans 8:34

Context: God has forgiven us. Our sins have been wiped clean. We stand righteous before the Lord God Most High. Christ redeemed us and our sins have been forgiven and forgotten. If there is no other reason in your life to bless God right now, this is enough. Christ didn’t die for some of your sins, for the minor

ones, for the ones that are not that bad. He died once *for all*. It is finished and you are completely washed clean in Him. God sees you as a new creation. You can boldly come to His throne of grace. You can come to Him and receive His compassion and grace.

Reflection Question: What lies are the enemy telling you that is preventing you from coming boldly to your good Father's throne of grace? What truths from scripture can you use to defeat the lies? Who can you reach out to for encouragement to believe God's truth about you this week? Who can you encourage this week?

Read Psalm 103:13-18, Matthew 7:11

Context: The word remember in these verses means so much more than to just recall to mind something we have memorized. David is preaching to his soul all of those things he has come to know over the years about how good God has been to him. He is preaching to his soul those things that he might not be feeling right now, but he knows in his heart and mind are true. God shows His love to those who honor Him. We honor Him by speaking truthfully about all He has done for us.

Reflection Question: What are you going to choose to preach to your soul about your good Father this week? How can doing this help you through difficult times? Why is it important to preach to your own soul sometimes?

Read Psalm 103:19-22, Daniel 4:17, 1 Peter 1:3

Context: Make a list, a praise list. Tell the heavenly hosts, the angels, to join you in praising God for His forgiveness, for His healing, for His redemption, for His loyalty to you, for the ways in which He has satisfied you this year. Praise God for 2025 and then praise Him for what you trust He will do in, and through, you in 2026. Mark your calendars! Join us in [reading the New Testament](#) as a church this year. [Join a community group](#), or [lead a community group](#). Or choose to start your new year by [serving](#). However you start your new year, start it by praising the One who gave you life eternal! Praise God!

Reflection Question: What can give you the best step forward into 2026? What does praising God look like moving into this next year? How can your faith increase even more this year?

End in prayer. Let God know you trust Him with your future as you focus on all of the ways in which He has blessed your past.