



**If I'm Honest...**

Real Life in the Psalms

## Your Memories on Facebook

Matt, we care about you and the memories you share here. We thought you'd like to look back on this video from 10 years ago.



**<sup>1</sup> Praise the LORD, my soul; all my  
inmost being, praise his holy name.**

**<sup>2</sup> Praise the LORD, my soul, and  
forget not all his benefits—**

**Psalm 103:1-2 (NIV 2011)**

**<sup>1</sup> Praise the LORD, I tell myself;**

**Psalm 103:1a (NLT)**

<sup>2</sup> Praise the LORD, my soul,  
and forget not all his benefits—  
<sup>3</sup> who forgives all your sins and heals  
all your diseases, <sup>4</sup> who redeems your  
life from the pit and crowns you with  
love and compassion, <sup>5</sup> who satisfies  
your desires with good things so that  
your youth is renewed like the eagle's.  
<sup>6</sup> The LORD works righteousness and  
justice for all the oppressed.

Psalm 103:2-6 (NIV 2011)

<sup>7</sup> He made known his ways to Moses, his deeds to the people of Israel: <sup>8</sup> The LORD is compassionate and gracious, slow to anger, abounding in love. <sup>9</sup> He will not always accuse, nor will he harbor his anger forever; <sup>10</sup> he does not treat us as our sins deserve or repay us according to our iniquities.

Psalm 103:7-10 (NIV 2011)

**11 For as high as the heavens are above  
the earth, so great is his love for those  
who fear him;**

**Psalm 103:11 (NIV 2011)**

# Location of Proxima Centauri

6 Light Years

4 Light Years

2 Light Years

Edge of our solar system

Earth Sun

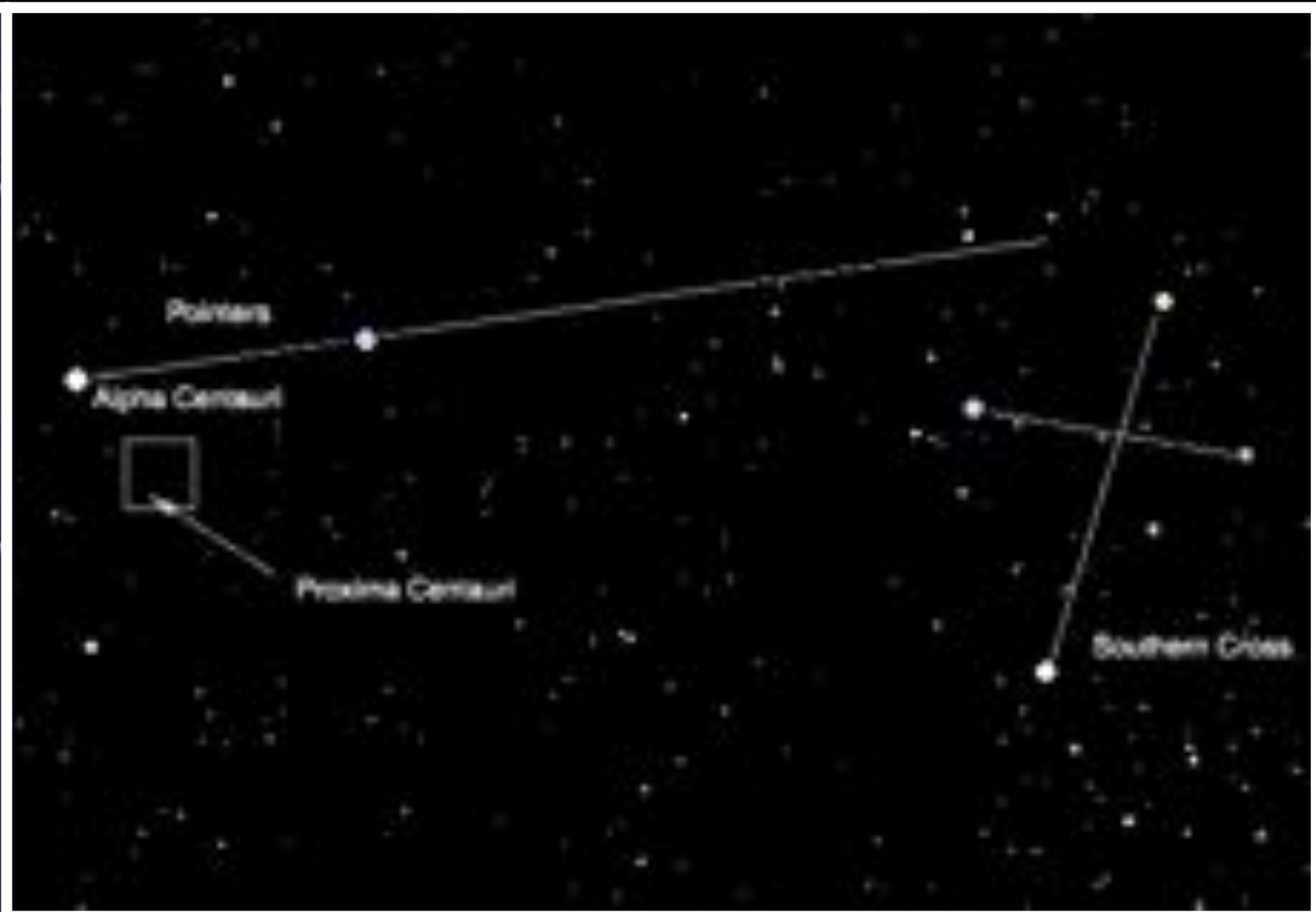
Alpha Centauri A

Proxima Centauri

Alpha Centauri B

Not to scale

Source: ESO





**1<sup>2</sup> as far as the east is from the  
west, so far has he removed  
our transgressions from us.**

**Psalm 103:12 (NIV 2011)**

**13 As a father has compassion on his children, so the LORD has compassion on those who fear him;**

**Psalm 103:13 (NIV 2011)**

**<sup>14</sup> for he knows how we are formed,  
he remembers that we are dust. <sup>15</sup> The life  
of mortals is like grass, they flourish like a  
flower of the field; <sup>16</sup> the wind blows over  
it and it is gone, and its place remembers  
it no more.**

**Psalm 103:14-16 (NIV 2011)**

**17 But from everlasting to everlasting  
the LORD's love is with those who  
fear him, and his righteousness with  
their children's children — 18 with those  
who keep his covenant and remember  
to obey his precepts. 19 The LORD has  
established his throne in heaven, and  
his kingdom rules over all.**

**Psalm 103:17-19 (NIV 2011)**

**<sup>20</sup> Praise the LORD, you his angels,  
you mighty ones who do his bidding,  
who obey his word. <sup>21</sup> Praise the LORD,  
all his heavenly hosts, you his servants  
who do his will. <sup>22</sup> Praise the LORD,  
all his works everywhere in his dominion.  
Praise the LORD, my soul.**

**Psalm 103:20-22 (NIV 2011)**