

***Bless the Lord, O My Soul***  
**A Miniature Book about the Lord**

Use the words of the Psalm 103 to guide you in making a book about the Lord, illustrating each page. Here are some suggestions on how to illustrate the pages:

*Bless the Lord, O my soul;  
And all that is within me, bless His holy name!*

Draw a picture of yourself, happy and smiling.

*Bless the Lord, O my soul,  
And forget not all His benefits;*

Draw a picture of some of the things (benefits) that the Lord gives you or does for you.

*Who forgives all your iniquities,*

Picture yourself being sad about something that you did wrong.

*Who heals all your diseases,  
Who redeems your life from destruction,*

One of the ways the Lord helps us is to give us guardian angels.  
Picture a person with 2 guardian angels nearby, ready to help.

*Who crowns you with lovingkindness and tender mercies,*

Picture the Lord with a kind face, smiling on you.

*Who satisfies your mouth with good things,*

Show the kind of food the Lord gives you. You might want to picture the Word to show the spiritual food that He provides for our minds.

*So that your youth is renewed like the eagle's.*

Picture an eagle flying in the air.

***Procedure:***

1. After illustrating all of the pages, cut them apart.
2. Make front and back covers with construction paper if desired. (Or just use the cover page that is provided.)
3. Staple the pages of the book together along the left-hand side.

*Alternate Procedure:* Instead of cutting all pages apart, cut the rows apart, tape them end to end, and then fold to make an accordion book to stand up and display.

# **Bless the Lord**

*Psalm 103:1-5*

Illustrated by

**B**less the Lord, O my soul;  
And all that is within me,  
bless His holy name!

**B**less the Lord, O my soul,  
And forget not all His benefits;

**W**ho forgives all your iniquities,  
Who heals all your diseases,

Who heals all your diseases,  
Who redeems your life from destruction,

Who crowns you with  
lovingkindness and tender mercies,

Who satisfies your mouth  
with good things,

So that your youth is renewed  
like the eagle's.