



*Psalm 103:1-5*

*I Bless the Lord, O my soul:  
and all that is within me,  
bless his holy name.*

Cut out all pages on solid lines. Valley fold on dotted lines. Copy verse in best handwriting on dotted lines. When completed, stack with cover on top and staple in left margin.

Eagle Symbolic of Longevity –

In the book of Psalms David uses the eagle as a symbol for longevity. It is recorded that an eagle was kept in Vienna for 104 years.

David blesses the holy name of God as he names his blessings. When we find joy and happiness in blessing the name of God, and recount all His benefits to us, our strength is renewed like the eagle's to that of our youth. When our heart is satisfied with God, we have the power to soar over our daily problems.

Handwriting practice area with multiple sets of lines (solid top and bottom lines, dotted middle line) for copying the verse.

2 Bless the Lord, O my soul,  
and forget not all his benefits:

3 Who forgiveth all thine  
iniquities; who healeth all thy  
diseases;

Handwriting practice lines for the first column, consisting of multiple sets of solid top and bottom lines with a dashed midline.

Handwriting practice lines for the second column, consisting of multiple sets of solid top and bottom lines with a dashed midline.

4 Who redeemeth thy life from  
destruction; who crowneth thee  
with lovingkindness and  
tender mercies;

5 Who satisfieth thy mouth  
with good things, so that thy  
youth is renewed like the eagle's.

Handwriting practice lines for the first column, consisting of multiple sets of solid top and bottom lines with a dashed midline.

Handwriting practice lines for the second column, consisting of multiple sets of solid top and bottom lines with a dashed midline.