

Praying the gospel: Psalm 103v1-5

- <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—
- <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.

Yesterday we saw how in Psalm 77 the psalmist spoke truth to his soul by praying the gospel. Here in Psalm 103 is another wonderfully helpful example of this. In these first five verses we have a worked example of Biblical meditation. Unlike some popular meditation techniques which are a way of relaxation through emptying the mind, Biblical meditation fills the mind with God's truth. As we deliberately dwell upon, think about, chew on what God says, so we find God the Holy Spirit working in our hearts and minds to steady our fitful souls.

v1-2 starts like a musician tuning up. You know how you pluck a string and its not in tune, so you tweak the tuning and pluck again and again until its right?

Here he's getting up in the morning and getting his soul in tune with the living God:

*<sup>1</sup> Praise the LORD, my soul;*

Come on my soul, let's get a right perspective on God as we begin here. Am I in tune? No, not there yet, so pluck again

*all my inmost being, praise his holy name.*

come on, everything in me, I want everything of who I am to be living for God today, I want to offer up my body to you Lord as a living sacrifice, come on, my soul, not there yet?

Pluck again

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

Ah, yes here we are – my soul ready now to reflect on who God is and what he's done, remembering all the benefits I have through being one of your people.

All five of the blessings he then dwells upon come to us through Christ. They are benefits that he has earned for us by his perfect life, sacrificial death, bodily resurrection and glorious ascension into heaven. We will think of each in turn in coming days.

Prayer: Lord God I confess that so much of my fear and anxiety stems from my forgetting all that you have done for me in Christ. Help me learn to speak the truth of the gospel to my soul so that I can delight in all you have done for me today. Amen