



Practicing Christian Meditation with a Master
Psalm 103
January 18, 2026

King David, author of Psalm 103, was a _____.

He was also a _____, _____, and

_____—not _____ being a warrior and

king but _____. Threats and responsibilities

_____.

Psalm 103

vv. 1-3 David tells his soul to praise God.

vv. 6-18 David celebrates God's grace.

vv. 19-22 David calls on angels and all creation to praise God.

Two kinds of focus in Psalm 103:

1. In verses 1-5, David meditates on _____.

2. In verses 6-18, David meditates on _____,

_____.

Does verse 18 teach works righteousness (that we must earn God's love)?

_____, this is David's way of saying that _____

_____. David understood _____. The righteousness he

has in mind here is the _____ of God's love, not the

_____ of it.

If you are struggling with Christian meditation, you might try:

1.

2.

3.

4.