

Benefits of My Salvation Meditation (Psalm 103:1-6)

1. Psalm 103:1-3 “Bless the LORD O my soul, and all that is within Me I bless Your holy name. Bless the LORD O my soul and forget not all His benefits. He forgives ALL my sins...”

LORD God, I thank You, and I bless Your holy name. I carefully remember Your benefits of mercy and grace. You desire to forgive me today of all my sins. Holy Spirit, reveal any sin in my heart. Forgive me Father for _____ and also any unknown sin. Cleanse my heart today. I ask for, and I believe I receive Your forgiveness.

2. Psalm 103:3 - “...He heals ALL my diseases.”

You are healing my mind today of all oppression. You are driving out every spirit of fear, depression, anxiety, bondage to addictions, mental illness, condemnation, shame, and torment. You are releasing Your healing power in me against all sickness, disease, toxins, and spirits of infirmity. I thank You Father, for bringing restoration and a reversal of ALL damages from physical and emotional trauma. Trauma, I command you to go! Leave every cell of my body now.

3. Psalm 103:4. “He redeems my life from destructions. He crowns me with loving kindness and tender mercies.”

Praise You God for redeeming my life from destruction in all its forms. You are filling me now with joy and peace. Thank You for surrounding me with loving kindness and tender mercies. Your mercies are new to me every morning! You never give me what I deserve. You give me what I don't deserve. You are giving me the GOOD THINGS of Your kingdom, which includes Your power for healing and freedom.

4. Psalm 103:5 - “He satisfies my mouth with GOOD THINGS so that my youth is renewed like the eagles.”

You are satisfying my mouth with good things today as I consume Your good words. The Gospel is the power of God. It is the “too GOOD to be true” news. Jesus, You went around doing GOOD and healing ALL those who were oppressed of the devil. That includes me! I take my healing! As I consume Your words today, my youth is being renewed like the eagles. My body is turning back and growing younger and younger. I am rising higher and higher like an eagle into Your presence today. Just as an eagle rises higher and higher to the sun, I am rising higher and higher into your healing beams of light.

5. Psalm 103:6 - “The LORD works righteousness and justice for all the oppressed.”

LORD, thank You for working on my behalf to bring righteousness and justice to me and my family - my spouse, my children, my grandchildren, and future generations. Praise You Jesus! You have redeemed us from the curse of the law. You have rescued us from every curse. I take my freedom today. I take my family’s freedom today from every curse. I take our liberty, justice, wholeness, soundness of mind, healing, freedom from debt; freedom from every way the enemy has used to hold us captive! I declare we are FREE!

 **Closing Prayer:**

Jesus, I thank You that **You are my faithful Shepherd**, and because You are, **I lack nothing**. You lead me, You cover me, You fight for me, and You never leave me. When others walk away, You stay. When life grows dark, You shine. When the path is uncertain, **You guide me with perfect wisdom and peace**.

I will not fear, because **You are with me**. When I walk through the valley of the shadow of death, I will not tremble, for Your rod and Your staff protect and comfort me. You see the danger I cannot see. You go before me and make every crooked place straight. You prepare a table for me in the presence of my enemies, and **You fill my cup to overflowing**.

You restore my soul when I am weary. You anoint my head with oil when I feel forgotten. You speak peace when storms rage around me. **You are not a distant God—you are my near and present Shepherd, and I trust You completely**.

Even when I don’t understand the path, I trust Your heart. Even when I feel weak, I lean on Your strength. You don’t run when things get hard—you draw closer. **You are faithful, steady, and true**. You are my Shepherd in the sunshine and in the storm. You never lose track of me. You never sleep. You never change.

In the mighty name of Jesus,
Amen!