

# Meditating on Who God is

## The Book of Psalms

### A. Introduction

- One of the key parts of our relationship with God is understanding **who** God is and **what** God is like.
- Sometimes, head knowledge of who God is can be **different** from real recognition of that deep inside the heart.
- **Meditation** helps! (Meditation on who God is)
  - Meditation is “chewing on it.” by Wiersbe
  - Repetitively reading and reciting until it sinks into the **heart**.
- The book of **Psalms** contains many verses that declare who God is and what God is like!

### B. Put it into Practice!

- We will try meditating together on some of the verses that talk about who God is and what God is like (“You are...” and “God is...” statements). The following is a list of those verses:

Ps 3:3, Ps 5:4, Ps 7:11, Ps 10:16, Ps 11:4, Ps 11:7, Ps 14:6, Ps 16:5, Ps 18:2, Ps 18:30, Ps 23:1, Ps 23:4, Ps 24:10, Ps 25:5, Ps 27:1, Ps 27:1, Ps 27:9, Ps 28:7, Ps 28:8, Ps 31:3, Ps 31:4, Ps 32:7, Ps 33:20, Ps 34:18, Ps 37:39, Ps 40:17, Ps 44:4, Ps 46:1, Ps 46:7, Ps 46:11, Ps 47:7, Ps 50:6, Ps 50:7, Ps 54:4, Ps 59:17, Ps 62:2, Ps 63:1, Ps 68:35, Ps 70:5, Ps 71:3, Ps 71:5, Ps 71:6, Ps 71:7, Ps 73:1, Ps 73:26, Ps 74:12, Ps 75:7, Ps 76:1, Ps 76:4, Ps 76:7, Ps 77:14, Ps 83:18, Ps 84:11, Ps 86:5, Ps 86:10, Ps 86:15, Ps 90:1, Ps 92:8, Ps 92:15, Ps 93:4, Ps 95:3, Ps 97:9, Ps 99:3, Ps 99:5, Ps 100:5, Ps 102:27, Ps 103:8, Ps 104:1, Ps 105:7, Ps 106:1, Ps 107:1, Ps 111:4, Ps 113:4, Ps 115:11, Ps 116:5, Ps 118:1, Ps 118:6, Ps 118:14, Ps 118:27, Ps 118:28, Ps 118:29, Ps 119:57, Ps 119:114, Ps 119:137, Ps 119:151, Ps 121:5, Ps 129:4, Ps 135:3, Ps 136:1, Ps 143:10, Ps 145:8, Ps 145:9, Ps 145:17, Ps 145:18 and more