

LITURGY BYTES—A PSALM PRAYER

Last week we wrote about the beauty of the psalms. This week I invite you to try something a little different. It is called personalizing the psalm as you pray. I chose Psalm 139 to use. As you might have noticed below, I have left blank lines throughout the psalm. When the blank line appears, simply add your first name. You will make this psalm your very own. I do hope you will notice how deeply moving it is when it is re-written so that God addresses you personally. If you like it, try it with other psalms for a different and personal experience of prayer.

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Psalm 139

_____, I have searched you and known you.

I know when you sit down and when you rise up;
I discern your thoughts from far away.

I search out your path and your lying down,
and am acquainted with all your ways.

Even before a word is on your tongue, _____,
I know it completely.

I hem you in, _____, behind and before
and lay my hand upon you.

Where can you go from my spirit?

Or where can you flee from my presence, _____?

If you ascend to heaven, I am there;
if you make your bed in the nether world, I am there.

If you take the wings of the morning
and settle at the farthest limits of the sea,
even there my hand shall lead you, _____,
and my right hand shall hold you fast.

For, _____, it was I who formed your inward parts;
knit you together in your mother's womb,
my eyes beheld your uniformed substance.

In my book were written all the days that were formed for you, _____,
when none of them as yet existed.

Have a blessed, prayerful, and healthy week ahead! ~~ *Michelle Hall*