

Psalm 20 RSV

The LORD answer you in the day of trouble!
The name of the God of Jacob protect you!
May he send you help from the sanctuary,
and give you support from Zion!
May he remember all your offerings,
and regard with favor your burnt sacrifices!*Selah*
May he grant you your heart's desire,
and fulfil all your plans!
May we shout for joy over your victory,
and in the name of our God set up our banners!
May the LORD fulfil all your petitions!
Now I know that the LORD will help his anointed;
he will answer him from his holy heaven
with mighty victories by his right hand.
Some boast of chariots, and some of horses;
but we boast of the name of the LORD our God.
They will collapse and fall;
but we shall rise and stand upright.
Give victory to the king, O LORD;
answer us when we call.

For Reflection and Prayer:

Was there a word, a phrase, image, or feeling that 'shimmered' as you listened? Allow it to land in your heart. Stay with it. Savor it.

Reflect on what you heard. What effect does it have on you? What meaning does it hold for you? What does the Holy Spirit seem to be conveying to you? Talk it over in your prayer.

Perhaps you want to draw or color your prayer or journal the conversation.

As the time of prayer comes to a close, share some moments of quiet with Jesus, simply resting safely in his presence.

Psalm 20 The Message

GOD answer you on the day you crash,
The name God-of-Jacob put you out of harm's reach,
Send reinforcements from Holy Hill,
Dispatch from Zion fresh supplies,
Exclaim over your offerings,
Celebrate your sacrifices,
Give you what your heart desires,
Accomplish your plans.

When you win, we plan to raise the roof
and lead the parade with our banners.
May all your wishes come true!

That clinches it—help's coming,
an answer's on the way,
everything's going to work out.

See those people polishing their chariots,
and those others grooming their horses?
But we're making garlands for GOD our God.
The chariots will rust,
those horses pull up lame—
and we'll be on our feet, standing tall.

Make the king a winner, GOD;
the day we call, give us your answer.