

### Psalm 9:9-20 (NRSV)

The LORD is a stronghold for the oppressed,  
a stronghold in times of trouble.  
And those who know your name put their trust in you,  
for you, O LORD, have not forsaken those who seek you.

Sing praises to the LORD, who dwells in Zion.  
Declare his deeds among the peoples.

<sup>12</sup> For he who avenges blood is mindful of them;  
he does not forget the cry of the afflicted.

Be gracious to me, O LORD.  
See what I suffer from those who hate me;  
you are the one who lifts me up from the gates of death,  
so that I may recount all your praises,  
and, in the gates of daughter Zion,  
rejoice in your deliverance.

The nations have sunk in the pit that they made;  
in the net that they hid their own foot has been caught.  
The LORD has made himself known, he has executed judgement;  
the wicked are snared in the work of their own hands. *Selah*

The wicked shall depart to Sheol,  
all the nations that forget God.

For the needy shall not always be forgotten,  
nor the hope of the poor perish for ever.

Rise up, O LORD! Do not let mortals prevail;  
let the nations be judged before you.  
Put them in fear, O LORD;  
let the nations know that they are only human. *Selah*

### For Reflection and Prayer:

Was there a word, phrase or image which caught your attention you as you listened to or slowly read the text? Quietly savor this with Jesus.

Notice any felt sense that seems to emerge as you linger with this passage. It might come as a bodily feeling, emotion, metaphor, picture, gesture or sound. See if you can describe it and simply be with it with patient curiosity. Be open to whatever more might emerge.

Perhaps you might want to draw, color or journal your conversation.

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

### Psalm 9:9-20 (Psalms for Praying by Nan C. Merrill)

Love is a stronghold for the oppressed,  
a foundation in difficult times.

And those who know Love's Name  
therein place their trust.

For You, O Beloved, are ever-present  
to those who know You.

Sing praises to the One, who is Love,  
who dwells in your heart!

Tell everyone of Love's wonder-  
filled deeds!

For those who know compassion  
will remember those in need.

Be gracious to me, O Beloved!

Behold what I suffer out of fear,

O You, who awakened me from a living death,

I sing of your glory from the depths of my being,

I rejoice and give thanks for your faithful love.

The nations are sinking into a pit of their own making;  
into the web which they are weaving, will they be caught.

Love will make Itself known

with a strength stronger than ten thousand armies!

The unloving will have to face themselves,  
all nations that are unjust.

For the oppressed will be released,

And the hope of the poor will be realized.

Arise, O Love! Have your way with us;

let the nations bow before You and ask forgiveness!

Let your healing Light stream forth, O Love,

Let the nations commit themselves to your Plan!