

Psalm 42:1-2, 6-9 NLT

Beautiful words stir my heart.

I will recite a lovely poem about the king,
for my tongue is like the pen of a skillful poet.

You are the most handsome of all.

Gracious words stream from your lips.
God himself has blessed you forever.

Your throne, O God, endures forever and ever.

You rule with a scepter of justice.

You love justice and hate evil.

Therefore God, your God, has anointed you,
pouring out the oil of joy on you more than on anyone else.

Myrrh, aloes, and cassia perfume your robes.

In ivory palaces the music of strings entertains you.

Kings' daughters are among your noble women.

At your right side stands the queen,
wearing jewelry of finest gold from Ophir!

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 45:1-2, 6-9 NRSV

My heart overflows with a goodly theme;

I address my verses to the king;

my tongue is like the pen of a ready scribe.

You are the most handsome of men;

grace is poured upon your lips;

therefore God has blessed you for ever.

Your throne, O God, endures for ever and ever.

Your royal scepter is a scepter of equity;

you love righteousness and hate wickedness.

Therefore God, your God, has anointed you

with the oil of gladness beyond your companions;

your robes are all fragrant with myrrh and aloes and cassia.

From ivory palaces stringed instruments make you glad;

daughters of kings are among your ladies of honour;

at your right hand stands the queen in gold of Ophir.