

Psalm 126 (NRSV)

When the LORD restored the fortunes of Zion, we were like those who dream.

Then our mouth was filled with laughter and our tongue with shouts of joy; then it was said among the nations, "The LORD has done great things for them."

The LORD has done great things for us, and we rejoiced.

Restore our fortunes, O LORD, like the watercourses in the Negeb.

May those who sow in tears reap with shouts of joy.

Those who go out weeping, bearing the seed for sowing, shall come home with shouts of joy, carrying their sheaves.

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 reflect on 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 126 - Psalms for Praying by Nan Merrill

When the Divine Lover enters the human heart,
all yearnings are fulfilled!
Then will our mouths ring forth with laughter,
and our tongues with shouts of joy,
Then will we sing our songs of praise to You,
O Beloved of all hearts.
For gladness will radiate out for all to see;
so great is your Presence among us.

Restore us to wholeness, O Healer,
like newborn babes who have never strayed from You!
May all who sow in tears reap with shouts of joy!
May all who go forth weeping tears of repentance,
bearing seeds of Love,
Come home to You with shouts of joy,
leaving sorrow behind.