

Psalm 127 RSV

Unless the LORD builds the house, those who build it labor in vain. Unless the LORD watches over the city, the watchman stays awake in vain.

It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep.

Lo, sons are a heritage from the LORD, the fruit of the womb a reward.

Like arrows in the hand of a warrior are the sons of one's youth.

Happy is the man who has his quiver full of them! He shall not be put to shame when he speaks with his enemies in the gate.

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 127 The Message

If God doesn't build the house, the builders only build shacks. If God doesn't guard the city, the night watchman might as well nap.

It's useless to rise early and go to bed late, and work your worried fingers to the bone. Don't you know he enjoys giving rest to those he loves?

Don't you see that children are God's best gift? the fruit of the womb his generous legacy?

Like a warrior's fistful of arrows are the children of a vigorous youth.

Oh, how blessed are you parents, with your quivers full of children! Your enemies don't stand a chance against you; you'll sweep them right off your doorstep.