

Praying Psalms

The Psalms are the prayer book of the Bible and you can simply read through a Psalm or a few select verses as a prayer. You've probably found that they often speak your heart quite clearly. Here's an invitation to slow it down, and take individual phrases as a launching point for more personal perspective in your prayer. Using your old familiar translation may be like slipping into comfortable shoes, or using an unfamiliar translation or paraphrase may give you a fresh approach. Here's an adaptation of a paraphrase by Leslie Brandt from *Psalms Now* if you need a sample to get started. Read it outloud, like a real conversation. Pause after each line and expand the thought in your own words speaking with God.



Psalm 126

Let us begin this day by rejoicing!

Let us acknowledge our Lord' love and concern and allow our bodies to break forth into happy hilarity!

Let us give our nerves and muscles the healthy exercise of laughter!

The Lord has done such wonderful things for us: let us be glad!

The morning before us is uncertain.

We know not what we will encounter on our way.

May we rejoice with those who rejoice,

For we shall also weep with those who suffer.

And while we may be surprised by ecstasy,

We may also pass through corridors of darkness.

But wherever we journey in prayer, we go forth as His children.

And in leaving here, we will go as servants of the living God,

To touch the lives of men and women with His healing love.

Let us begin this day with rejoicing,

And return to our homes with gladness!