

Psalm 119

Nan C. Merrill, *Psalms for Praying*

Blessed are those whose ways are blameless,
who live with spiritual integrity!

Blessed are those who honor the Inner Being,
who follow You with their whole heart,
Who enfold the world with love
and walk on peaceful paths!
You have shown us the way of Truth,
the way that leads to freedom.
O, that I might ever reflect the Light!
Then I shall know inner peace, as
I surrender myself into your Hands.
I will praise You with a grateful heart,
as I lean on your great kindness.
As I forsake the path of darkness,
O have mercy on me!

How can the young keep to the straight path? Only
by learning to listen to the still Voice within.
With all my heart I seek You;
let me not wander from your teachings!
Your love is imprinted upon my heart,
that I may walk in your Light.
Blessed are You, O Counselor;
guide me in all that I do,
That with my lips I may bear
witness to the truth of your Way.
With your Word in my heart,
I delight more than with the world's riches.
I listen in the Silence,
awaiting the clarity of your counsel.
May I become a living fountain of joy
as I give thanks for your bountiful blessings!

I offer myself into your Hands,
that I may live fully into your Life.
Open my heart's eyes, that I may see
the wondrous blessings of Creation.
I am a sojourner on earth; yet
I know myself as a spiritual Being!

My soul is consumed with an intense longing to be
blessed and sustained by You, O Divine Lover!
May I not be a bearer of disharmony,
one who is arrogant and greedy;
Teach me to stand firm when faced with injustice and oppression,
to be fervent in my stance for truth!
Even though fears rise up, may my eyes
remain focused on You,
For in Love Consciousness do I delight;
O my Counselor and Friend!

With my heart's ear I hear the injunction
to pray for my enemies,
even those who persecute me!
How can I, weak and fear-filled,
heed this difficult teaching?

Help me to understand the way of your precepts, and
the strength to follow through.
My soul is willing, O Merciful One,
yet the body would flee.
Who is the enemy from whom I run,
but the ego-fears hidden in the shadows within!
Strengthen me according to your Life,
lead me gently into the Light.
For, I have chosen the way of faithfulness;
with trust in You, I will face my own darkness.
I will not run from the illusions which beset me, so that
each one may be transformed in and through your Love.

Help me to know, O Teacher, the path to follow;
lead the way and I will come.
In your love is the power to calm the storms of adversity;
show me the power of your forgiving Love.
O that I might learn to bless others selflessly,
to be a silent benediction!
Incline my heart to Love Consciousness,
and not to gain!
Turn my eyes from the world's temptations, and birth me into new Life.

Let me enter into the realm where
the aspirations of my soul may become manifest.
Clothe me with compassion that

I may answer the cries of those in need.
Do You see how I long to serve,
to create with You?
In your mercy, hear my prayer!

You ever enfold us in the power of your boundless love,
according to your Promise to us;
You have implanted the Divine Seed in every heart,
a Treasure beyond words.
Teach us to nurture that Seed so
it might blossom into fullness and maturity.
O, Giver of Life, may we recognize
the Divine Seed in every person;
May we be sensitive to all we meet along the way,
blessing and encouraging one another;
May we know that who we are is
a reflection of You, the Divine Seed we bear.
You are the Sunlight of our heart,
the Water that brings Life!
Praises be to You, O Holy One of Ineffable Power!

I meditate on the words that I hear as
You whisper in my heart, words that refresh and renew my soul.
This is my comfort when doubts arise,
the secret Promise of Life.
Though others do not understand me,
assurance and peace in You sustain me.
Let my self-made spirit decrease,
that I may be rich in your Divine Spirit.
Let me carry the crosses that come to me, with
your strength to bear me up.
May I become hollow like a reed,
so You may play your melody through me.
For I long to be attuned to the great song of the Cosmos,
to know the song of inner praise!
O, that I might hear the Divine Melody within
and give birth a dancing star!
You are my portion;
You are the sacred Gift of Life.
Though You speak to the ear of every heart, yet
Not every heart will hear You.
O friends, close not the eyes of your heart to the light of Truth!
Rejoice in the glorious and sacred Giver of Life,

clothe yourself with joy!

Feel your heart expand in gratitude,
and learn from the earth of humility.
I will sing praises to You throughout the day, and
meditate on Love during the night.
For You are Companion and Friend
to all who reverence your ways.
The earth is filled with Divine Love;
O, that I might know You in all things!

You are fulfilling your covenant within me,
O Faithful One, according to your Promise.
Teach me good judgment and understanding,
for I know your teachings are sure.
Before, I was sorely afraid and I went astray;
but now, I hold to your Word.
You are Love, and all Love comes from You;
help me to share the treasures of the heart.
May I come to live with patience,
waiting for your perfect timing in all circumstances.
May tolerance make its home in me,
that I recognize You in every heart.

May I be imbued with love and mercy
making room for kindness in all situations.
For your ways are far richer
than thousands of gold and silver pieces.

Your Hands and Love created and fashioned me;
give me understanding that I may live fully in You.
Those who follow the ego are in darkness, may they
see how You have transformed my life with light.
May they rejoice and turn away from empty paths;
May they find hope in your Way.
May I always welcome love and assurance, and
offer these gifts to those
who weep and live in illusion.
Let your mercy and compassion wash over me,
that I may ever work on behalf of justice,
And grant me a generous heart, O my Friend and Teacher,
for I would give freely of my time and energy in your Name.

Let my life give witness to You,
to those filled with fear.
Create in me a clean heart,
that your light might be seen!

My soul sighs awaiting your living Presence; for
I sense your Love and Light.
My heart wells up with gratitude and praise, as
I recall the innumerable blessings You continually bestow.
When I ponder the plight of the world,
my heart weeps for all the oppressed.
How long, O Merciful One, must we endure the greed,
the arrogance of those who are in power---
Those whose hearts have turned from You,
who follow not the way of Love,
Who have become blind to the Truth,
and deaf to your Voice whispering in their hearts?

Awaken the people of earth, O You,
who are the Great Awakener!
In your steadfast love, melt all hearts
that have turned to stone;
long have we awaited a great Spirit-quake.

O Holy One, Love Consciousness is
firmly fixed in the heavens.
Your faithfulness endures to all generations;
Love is the hope and promise of all the Earth.
Help us to reverence Her, to care for Her with compassion;
for we have sorely misused Her.
If You had withheld your Love from us,
we would have perished from our fears.
Your Truth is ever before us;
by It, You have set us free.

I am yours, grace me with your Presence,
for I would be a loving friend and companion to You.
I say to those I meet, "Come, the way is yours!
Come, all you who are fearful and lonely!
Follow the sacred path of Truth;
Come to the inner way of Light!"

O, how I love your friendship!

I walk with You wherever I go.
Your Love is the life-giving force of Creation,
 imbue us with your living rays of peace and joy.
For, as we surrender ourselves to your living Presence,
 we will be filled with the radiance of Love.
As we open our hearts to the spiritual life,
 we will be filled with wisdom and freedom, ready to serve.

O, how glorious are the ways of the Spirit!
 How wondrous are your Works!
The path of love is sure, unhurried and filled with mystery.
How sweet are your words to my taste,
 sweeter than honey to my mouth!
Through your Mind I receive understanding;
 I no longer take pleasure in my former ways.

Yes, your Truth is a lamp to my feet
 and a light to my path.
You give me strength as I descend into the inner sanctum,
 to uncover the hidden blessings,
 to seek the treasures of the Spirit.
When I am filled with fear,
 I meditate upon your Light.
I yearn to have every doubt and fear quelled and transformed;
O, Heart of all hearts, bless me with your healing Light,
 that I may be a loving presence.

Though the ignorant lay snares for me,
 let me not stray from You.
Your Word is my heritage forever;
 yes, it is the joy of my heart.
I shall open my heart's ear to converse with You
 forever, to the end.

When I meditate upon your Light,
 my heart opens with compassion for all life.
This is how the veil is lifted,
 how the soul is filled with truth and light.
Then we will not judge others, and
 we will radiate love and healing to the world.
For as we develop the capacity to bless others,
 we will lighten the fears in the world.
Uphold us according to your Promise, that we may love;

let not fear and illusions find a home in us.
Even should we go astray and wander far from You,
You will ever love us.
We have only to return to You
and acknowledge our regret; and
You forgive us, refreshing our souls.
O friends, let us sing praises before such a Gift,
before such all-enfolding Love, Wisdom and Power!

O, that my soul would live from its innermost Being, and
give witness to truth in thought, word, and deed!
For, only then will I see the glorious visions
and hear the voice of the Beloved.
Teach me the way of discernment
that I make choices with integrity.
In your steadfast Love, may I know
the joy of responsibility for all my deeds.
Give me courage for all the trials, testings, and training as
I choose the spiritual life.

Breathe on me, O Breath of Inspiration,
in the silence of my tranquil heart, infill me with your wisdom.
O, that I might radiate the compassion and peace,
the truth and beauty of the Beloved!
Direct my steps, O Holy One, that
I may humbly walk with You.
The witness of your Life is my model;
therefore my soul yearns for You.
The unfolding of your Way gives light;
It imparts understanding to the simple.
My mouth pours forth praise continually,
for I am ever grateful for your Promises.
You come to me and are gracious to me,
as You are to all who open their heart's door.
Guide my steps according to your Wisdom,
and show me how to lovingly co-create with You.
Let me not be lured by the world's values,
that I may walk the path of wholeness.

May your face shine upon your friend, as
You teach me of Love.
I weep over our wounded world,
our earth ravaged by greedy, insensitive hands.

O friends, you who are fearful of Love,
 you, who live in loneliness,
Break open the locks of your heart's door,
 breathe deeply of sunlight's freedom and warmth.
Wander no longer in the storms of ignorance and fear, for
 the bonds of darkness will disappear
 as you enter the new dawn of light!
Hold tightly to the hand of faith
 for strength through deep valleys;
Learn to trust in the One,
 who is ever your companion and guide.

Be not afraid of Love's touch,
 the Fire that consumes all dross;
For Love is the great transformer,
 burning away false ways of the past, and
 filling the heart with Light.
Awaken to the Indwelling Presence of the Beloved!
 Envision the beauty that Love brings forth!

When faced with slow progress, and seemingly endless delays,
 You enfold me in your patient Heart.
Let me recognize your perfect timing in all things,
 the fullness of your providence.
May I be so strong in your Spirit
 that all I do is inspired by You.
For You are loving, kind, and gentle;
 In You are all blessings.
Let me not be deaf to your Voice,
 nor suffer the pain of a rebellious soul.
Gentle me, O Loving Guide, that I may learn
 the wisdom of purity, patience, and peace.
Teach me of mercy, O You who are the merciful One,
 that my soul may serve with You joyfully and with love.
O friends, open your heart to the divine life!
 Attune yourself to the Divine Guest within your Being!

For, when you come to know the Source of your life,
 love flows through you and radiates outward;
Harmony enters into your life,
 you see with new eyes.
All that once brought pain and suffering
 no longer affects the peace in your heart.

Through the healing forgiveness of Love,
 all past wrongs are righted;
Joy comes alive in your heart,
 the joy of understanding.
Then do you know the great Treasure,
 the pearl hidden in the Secret Realm within.
Glorious is the life of the soul
 when illumined by the Divine Spirit.
Search for it, friends, count not the years;
 Enter into the stillness of your innermost being!

Abandon yourself to the Beloved,
 draw closer and closer to Love.
For when you dwell in peace within Love's heart,
 and know the Divine Spirit in your own heart,
You become as nothing, yet
 all things are yours.
As you radiate the healing love of your inmost Being
 into a suffering, scarred, yet ever-sacred world,
Offer grateful praise from the Chalice of your heart
 to the One who loves through you.

Great peace have those who co-create with You,
 who share the living wine of your Spirit.
They know that all goodness comes from your Divine Love,
 the Source and Foundation of all life.
Fill us, O Gracious One, with your loving wisdom,
 guide all hearts on paths of peace.
When the journey seems long,
 when we become discouraged along the way,
You uphold and sustain us,
 You restore us with your blessed grace.
When we stumble and stray amid the thorns on false paths,
 we are ever humbled by your forgiving Love.

You welcome us home as honored guests,
 back into the fold of your Heart.
You have prepared a garden for us,
 a garden of joy hidden in our hearts.
O friends, enter into this eternal garden,
 befriend the Guide who awaits you.
Enter into the great, resounding Silence,
 be still and know true peace;

Know the all-embracing life of Love;
and raise your voice with grateful acclamations of praise!
Amen.