

▪ PSALM 4 ▪

Even in the midst of great pain, Lord,
I praise you for that which is.
I will not refuse this grief
or close myself to this anguish.
Let shallow men pray for ease:
"Comfort us; shield us from sorrow."
I pray for whatever you send me,
and I ask to receive it as your gift.
You have put a joy in my heart
greater than all the world's riches.
I lie down trusting the darkness,
for I know that even now you are here.

▪ PSALM 8 ▪

Unnamable God, how measureless
is your power on all the earth
and how radiant in the sky!
When I look up at your heavens,
the work of your fingers,
the moon and the multitude of stars,
what is man, that you love him,
and woman, that you gladden her heart?
Yet you made us almost like the angels
and crowned us with understanding.
You put us in charge of all creatures
and placed your whole earth in our hands:
all animals, tame and wild,
all forests, fields, and deserts,
even the pure air of the sky,
even the depths of the ocean.
Unnamable God, how terrible
is our power on all the earth!

■ PSALM 16 ■

Unnamable God, I feel you
with me at every moment.
You are my food, my drink,
my sunlight, and the air I breathe.
You are the ground I have built on
and the beauty that rejoices my heart.
I give thanks to you at all times
for lifting me from my confusion,
for teaching me in the dark
and showing me the path of life.
I have come to the center of the universe;
I rest in your perfect love.
In your presence there is fullness of joy
and blessedness forever and ever.

■ PSALM 17 ■

Lord, listen to my prayer;
hear me in my hour of need.
I am overwhelmed by my troubles
and terrified by my thoughts.
Guide my feet on your path;
don't let me stop or falter.
Teach me how powerful your love is
and how insubstantial my fears.
Like the pupil of the eye protect me;
hide me in the shadow of your wings.
Cover me with your mercy;
rock me to sleep in the dark.
And let me, when I awaken,
see nothing but the light of your face.

■ PSALM 23 ■

The Lord is my shepherd:

I have everything that I need.

He makes me lie down in green pastures;

he leads me beside the still waters;

he refreshes my soul.

He guides me on the paths of righteousness,

so that I may serve him with love.

Though I walk through the darkest valley

or stand in the shadow of death,

I am not afraid,

for I know you are always with me.

You spread a full table before me,

even in times of great pain;

you feast me with your abundance

and honor me like a king,

anointing my head with sweet oil,

filling my cup to the brim.

Surely goodness and mercy will follow me

PSALM 23

all the days of my life,
and I will live in God's radiance
forever and ever.