

Praying WITH THE Psalms

**DAILY REFLECTIONS FOR THE
15TH WEEK IN ORDINARY TIME**

St Athanasius said: A psalm 'is a mirror in which you contemplate yourself and movements of your soul'. This beautiful insight encourages us to pray the psalms and to allow them to teach us about ourselves and to give expression to our deepest feelings, concerns and desires. —Mary Reaburn nds

Each day this week, pray with the psalm of the day, and reflect on the following:

- Read the psalm slowly and attentively consider the words. Allow them to speak to your heart.
- Which line stays with you? Or perhaps there is a word or phrase that speaks to you to you.
- What does this text reveal to you about your life?
- What does this text reveal to you about the world?
- What prayer do you want to offer God as a result of reading today's psalm?

MONDAY 17 JULY
PS 123. R. V.8

(R.) Our help is in the name of the Lord.

1. 'If the Lord had not been on our side,'
this is Israel's song,
'If the Lord had not been on our side
when men rose against us,
then would they have swallowed us alive
when their anger was kindled. (R.)
2. Then would the waters have engulfed us,
the torrent gone over us;
over our head would have swept
the raging waters.'
Blessed be the Lord who did not give us
a prey to their teeth! (R.)
3. Our life, like a bird, has escaped
from the snare of the fowler.
Indeed the snare has been broken
and we have escaped.
Our help is in the name of the Lord,
who made heaven and earth. (R.)

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TUESDAY 18 JULY
PS 68:3. 14. 30-31. 33-34. R. CF. V.33

(R.) Turn to the Lord in your need, and you will live.

1. I have sunk into the mud of the deep
and there is no foothold.
I have entered the waters of the deep
and the waves overwhelm me. (R.)
2. This is my prayer to you,
my prayer for your favour.
In your great love, answer me, O God,
with your help that never fails. (R.)
3. As for me in my poverty and pain
let your help, O God, lift me up.
I will praise God's name with a song;
I will glorify him with thanksgiving. (R.)
4. The poor when they see it will be glad
and God-seeking hearts will revive;
for the Lord listens to the needy
and does not spurn his servants in their chains. (R.)

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WEDNESDAY 19 JULY

PS 102:1-4. 6-7. R. V.8

(R.) The Lord is kind and merciful.

1. My soul, give thanks to the Lord,
all my being, bless his holy name.
My soul, give thanks to the Lord
and never forget all his blessings. (R.)
2. It is he who forgives all your guilt,
who heals every one of your ills,
who redeems your life from the grave,
who crowns you with love and compassion. (R.)
3. The Lord does deeds of justice,
gives judgement for all who are oppressed.
He made known his ways to Moses
and his deeds to Israel's sons. (R.)

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THURSDAY 20 JULY

PS 104:1. 5. 8-9. 24-27. R. V.8

**(R.) The Lord remembers his covenant for ever.
or (R.) Alleluia!**

1. Give thanks to the Lord, tell his name,
make known his deeds among the peoples.
Remember the wonders he has done,
his miracles, the judgements he spoke. (R.)
2. He remembers his covenant for ever,
his promise for a thousand generations,
the covenant he made with Abraham,
the oath he swore to Isaac. (R.)
3. He gave his people increase;
he made them stronger than their foes,
whose hearts he turned to hate his people
and to deal deceitfully with his servants. (R.)
4. Then he sent Moses his servant
and Aaron the mad he had chosen.
Through them he showed his marvels
and his wonders in the country of Ham. (R.)

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FRIDAY 21 JULY

PS 115:12-13. 15-18. R. V.13

**(R.) I will take the cup of salvation, and call on the
name of the Lord. or (R.) Alleluia!**

1. How can I repay the Lord
for his goodness to me?
The cup of salvation I will raise;
I will call on the Lord's name. (R.)
2. O precious in the eyes of the Lord
is the death of his faithful.
Your servant, Lord, your servant am I;
you have loosened my bonds. (R.)
3. A thanksgiving sacrifice I make:
I will call on the Lord's name.
My vows to the Lord I will fulfil
before all his people. (R.)

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SATURDAY 22 JULY

PS 62:2-6. 8-9. R. V.2

(R.) My soul is thirsting for you, O Lord, my God.

1. O God, you are my God, for you I long;
for you my soul is thirsting.
My body pines for you
like a dry, weary land without water. (R.)
2. So I gaze on you in the sanctuary
to see your strength and your glory.
For your love is better than life,
my lips will speak your praise. (R.)
3. So I will bless you all my life,
in your name I will lift up my hands.
My soul shall be filled as with a banquet,
my mouth shall praise you with joy. (R.)
4. For you have been my help;
in the shadow of your wings I rejoice.
My soul clings to you;
your right hand holds me fast. (R.)

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