



ALABASTER
GUIDED MEDITATIONS

PSALMS

READ | REFLECT | RESPOND | REST

VOLUME ONE



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For the choir director: A psalm of David.

- ¹ The heavens proclaim the glory of God.
The skies display his craftsmanship.
- ² Day after day they continue to speak;
night after night they make him known.
- ³ They speak without a sound or word;
their voice is never heard.
- ⁴ Yet their message has gone throughout the earth,
and their words to all the world.
God has made a home in the heavens for the sun.
- ⁵ It bursts forth like a radiant
bridegroom after his wedding.
It rejoices like a great athlete eager to run the race.
- ⁶ The sun rises at one end of the heavens
and follows its course to the other end.
Nothing can hide from its heat.
- ⁷ The instructions of the LORD are perfect,
reviving the soul.
The decrees of the LORD are trustworthy,
making wise the simple.
- ⁸ The commandments of the LORD are right,
bringing joy to the heart.
The commands of the LORD are clear,
giving insight for living.
- ⁹ Reverence for the LORD is pure, lasting forever.
The laws of the LORD are true; each one is fair.
- ¹⁰ They are more desirable than gold,
even the finest gold.
They are sweeter than honey,
even honey dripping from the comb.
- ¹¹ They are a warning to your servant,
a great reward for those who obey them.
- ¹² How can I know all the sins lurking in my heart?
Cleanse me from these hidden faults.

- ¹³ Keep your servant from deliberate sins!
Don't let them control me.
Then I will be free of guilt
and innocent of great sin.
- ¹⁴ May the words of my mouth
and the meditation of my heart
be pleasing to you,
O LORD, my rock and my redeemer.

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For the choir director: A psalm of David.

- ¹ In times of trouble, may the LORD answer your cry.
May the name of the God of Jacob
keep you safe from all harm.
- ² May he send you help from his sanctuary
and strengthen you from Jerusalem.
- ³ May he remember all your gifts
and look favorably on your burnt offerings.
- Interlude*
- ⁴ May he grant your heart's desires
and make all your plans succeed.
- ⁵ May we shout for joy when
we hear of your victory
and raise a victory banner in the name of our God.
May the LORD answer all your prayers.
- ⁶ Now I know that the LORD rescues his anointed king.
He will answer him from his holy heaven
and rescue him by his great power.
- ⁷ Some nations boast of their chariots and horses,
but we boast in the name of the LORD our God.
- ⁸ Those nations will fall down and collapse,
but we will rise up and stand firm.
- ⁹ Give victory to our king, O LORD!
Answer our cry for help.

RECOGNIZING GOD

PSALM 19:1-6

READ

1. Read Psalm 19:1-6.
2. Look at the image on page 32.
3. If you are near a window, look outside.

REFLECT

1. Read the passage again. Notice the references to nature and creation.
2. Look again at the image.
3. Notice how the smaller photograph repeats the theme of sky, its borders distinct but also creating physically another layer to the sky.
4. How do your current surroundings proclaim the glory of God? Now think back to what you saw outside. How does what you saw also proclaim the glory of God, expanding how you can experience God while also maintaining distinctions?
5. How can our different words of praise mimic creation in its proclamation of God's glory?
6. Read the passage again. Notice the references to humankind.
7. Describe a bridegroom and imagine him in your mind. Holding that image, describe an athlete and imagine her in your mind.

8. How does the diversity of creation reflect God? How does the diversity of human experiences reflect God? Why do we need this?

RESPOND

1. Look again at the image.
2. Read the passage again.
3. Close your eyes and name out loud, if possible, the ways you see God in your surroundings.
4. In your mind's eye, imagine you are staring at yourself in a mirror. Name out loud, if possible, the way you, your body, your culture, and your experiences proclaim the glory of God.
5. Imagine a friend who does not look like you or doesn't share your culture and name out loud, if possible, the way they proclaim the glory of God.

REST

1. Read the passage again.
2. If you are able, go outside or look out a window and take in the view, recognizing God's glory.

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