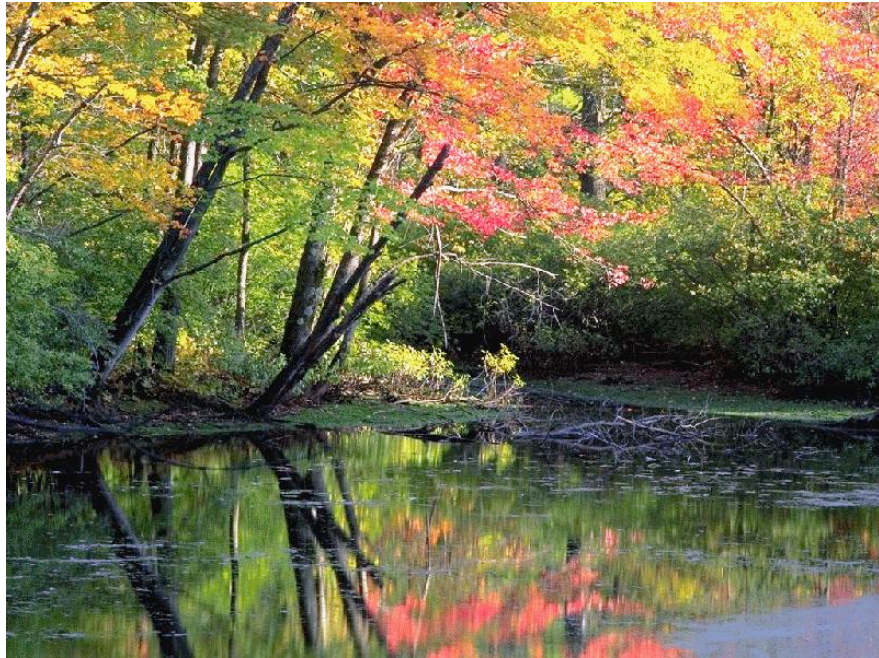


# *PSALMS FOR ALL SEASONS*

*Be still and know that I am God  
(Psalm 46: 11)*



*If the psalm prays, pray;  
If it grieves, grieve;  
If it is happy, rejoice;  
If it hopes, hope;  
And if it fears, be afraid.  
For everything that is written here is a mirror in which we see ourselves.  
(St. Augustine, Commentary on Psalm 31)*

**HOW BLESSED ARE YOU...**  
*Surely your goodness and your unfailing love  
will pursue me all the days of my life.(Psalm 23:6)*

The first word in the psalter is *'ashre*, the Hebrew equivalent to the first word in the sermon on the mount, *makarios*: blessed. Psalm 2 ends with a beatitude: The verses together create an atmosphere of beatitude for all of life.

*Psalm 1 is "the main entrance to the mansion of the psalter." (Saint Jerome)*

Blessed are those who do not follow the advice of the wicked,  
Or take the path that sinners tread, or sit in the seat of scoffers;

But their delight is in the Torah of the LORD,  
And on his Torah they meditate day and night.

They are like trees planted by streams of water,  
Which yield their fruit in its season,  
And their leaves do not wither. (Psalm 1: 1-3)

Blessed are all who take refuge in God. (Psalm 2:12)

\* \* \* \* \*

**Psalm 145 is an alphabetic psalm,  
with each line beginning with a successive letter of the Hebrew Alphabet.**

**Aleph:** Let me exalt You, my God the king,  
And let me bless Your name forevermore. (Psalm 145:1)

**Beth:** Every day let me bless You,  
And let me praise Your name forevermore.

Gracious (*hanun*) and compassionate (*rahum*) is the LORD  
Slow to anger, great in lovingkindness. (*hesed*)

Good is the LORD to all,  
And his compassion (*rahum*) embraces all his creatures. (Psalm 145, 8-9)

All look to you in hope  
And you feed them with the food of the season.

And, with generous hand,  
You satisfy the desires of every living creature. (Psalm 145:14-16)

**Tau:** The LORD's praise let my mouth speak,  
And let all flesh bless His holy name forevermore. (Psalm 145:21)

## GOD'S LOVE IS EVERLASTING

We give thanks to you, LORD, for you are good,  
**for your *hesed* endures forever.**

We give thanks to you, the God of gods,  
We give thanks to you, the Lord of lords,

You alone work wonders,  
In wisdom you made the heavens,

You set the earth firm on the waters,  
You made the great lights,  
the sun to rule in the day,  
moon and stars to rule the night...

With mighty hand and outstretched arm,  
You split the Sea of Reeds in two,  
Let Israel pass through the middle...

You led your people through the desert...  
You gave their land as a birthright,  
A birthright to your servant Israel.

You kept us in mind when we were humbled,  
And rescued us from our enemies.

You provide food for all living creatures,

..... We give thanks to you, God of heaven,  
**for your *hesed* endures forever.** (from Psalm 136)

\* \* \* \* \*

After reading the Psalm, reflect on God's *hesed*, as manifest in God's word, in creation, in Jesus, in your own life, and in history. Add that reflection to the Psalm.

## ***GOD'S WORD STANDS FOREVER***

How can the young keep their ways blameless?  
By keeping your word. (Ps 119:9)

I delight in your will,  
I do not forget your word. (Ps 119: 16)

Revive me in accordance with your word, (Ps 119:25)  
strengthen me in accordance with your word. (Ps 119, 28)

Be merciful to me in accordance with your word. (Ps 119:58)  
give me understanding in accordance with your word. (Ps 119:169)

Remember your word to your servant,  
whereby you have given me hope. (Ps 119:42)

Forever, Lord, your word  
stands firm in the heavens. (Ps 119:89)

Your word is a lamp to my feet  
and a light to my path. (Ps 119:105)

The unfolding of your words gives light;  
it gives understanding to the simple. (Ps 119:130)

Faithfulness is the essence of your word. (Ps 119:160)  
My heart stands in awe of your word,

I rejoice in your promise,  
like one who finds great treasure. (Ps 119:161-162)

\* \* \* \* \*

The divine words grow with the one who reads them... Where the mind of the reader is directed, there, too, the sacred text ascends, for... it grows with us, it rises with us.  
(Gregory the Great, *In Ezech.* I, 8 (PL 76, 843-44))

Your word, Lord, has many shades of meaning just as those who study it have many different points of view. The Lord has colored his words with many hues so that each person who studies it can see in it what he loves. He has hidden many treasures in his word so that each of us is enriched as we meditate on it... He who comes into contact with some share of its treasure should not think that the only thing contained in the word is what he himself has found.

(taken from the commentary of St. Ephraem on the Diatessaron)