

Psalm 62 :5-12 (RSV)

⁵For God alone my soul waits in silence,
for my hope is from him.
⁶He only is my rock and my salvation,
my fortress; I shall not be shaken.
⁷On God rests my deliverance and my honor;
my mighty rock, my refuge is God.
⁸Trust in him at all times, O people;
pour out your heart before him;
God is a refuge for us.

Selah

⁹Men of low estate are but a breath,
men of high estate are a delusion;
in the balances they go up;
they are together lighter than a breath.
¹⁰Put no confidence in extortion,
set no vain hopes on robbery;
if riches increase, set not your heart on them.
¹¹Once God has spoken;
twice have I heard this:
that power belongs to God;
¹²and that to thee, O Lord, belongs steadfast love.
For thou dost requite a man
according to his work.

For Reflection and Prayer:

Was there a word, phrase or image which caught your attention you as you listened to or slowly read the text? Quietly savor this with Jesus.

Notice any felt sense that seems to emerge as you linger with this passage. It might come as a bodily feeling, emotion, metaphor, picture, gesture or sound. See if you can describe it and simply be with it with patient curiosity. Be open to whatever more might emerge.

Perhaps you might want to draw, color or journal your conversation.

As the time of prayer comes to a close, share some quiet moments with Jesus, simply resting safely in his presence.

Psalm 62 :5-12 (The Voice)

- ⁵ My soul quietly waits for the True God alone
because I hope only in Him.
- ⁶ He alone is my rock and deliverance,
my citadel *high on a hill*;
I will not be shaken.
- ⁷ My salvation and my significance depend *ultimately* on God;
the core of my strength, my shelter, is in the True God.
- ⁸ Have faith in Him in all circumstances, *dear* people.
Open up your heart to Him;
the True God shelters us *in His arms*.

[pause]

- ⁹ Human beings disappear like a breath;
even people of rank live artificial lives.
Their weight is that of a breath in a balance—*nothing*.
Added together, they're still lighter than air.
- ¹⁰ Do not resort to oppression;
resist the temptation of ill-gotten gain.
If you achieve wealth, don't let your heart get attached.
- ¹¹ The True God spoke this once,
and twice I've heard:
That *You*, the True God, hold all power;
- ¹² Your love never fails, O Lord,
for You pay every person back
according to his deeds.