

Psalm 80:1-7, 17-19 (NLT)

Hear us, Shepherd of Israel, you who lead Joseph like a flock.

You who sit enthroned between the cherubim,
shine forth ² before Ephraim, Benjamin and Manasseh.

Awaken your might; come and save us.

³ Restore us, O God;
make your face shine on us, that we may be saved.

⁴ How long, LORD God Almighty,
will your anger smolder against the prayers of your people?

⁵ You have fed them with the bread of tears;
you have made them drink tears by the bowlful.

⁶ You have made us an object of derision to our neighbors, and our enemies mock us.

⁷ Restore us, God Almighty; make your face shine on us, that we may be saved.

¹⁷ Let your hand rest on the man at your right hand,
the son of man you have raised up for yourself.

¹⁸ Then we will not turn away from you; revive us, and we will call on your name.

¹⁹ Restore us, LORD God Almighty; make your face shine on us, that we may be saved.

For Reflection and Prayer:

Was there a word, a phrase, image, or feeling that ‘shimmered’ as you listened? Allow it to land in your heart. Stay with it. Savor it.

Reflect on what you heard. What effect does it have on you? What meaning does it hold for you? What does the Holy Spirit seem to be conveying to you? Talk it over in your prayer. Perhaps you want to draw or color your prayer or journal the conversation.

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