

An Invitation to Wholeness. A Book Review of Nan Merrill's Psalms for Praying

Midweek Reflection #63 Sept. 17. 2009

I have been trying Walter Wangerin's sandwich prayer using two psalms I had committed to memory some time ago (Psalm 23 & 130). I like this approach to prayer, combining a somewhat contemplative aspect with supplication and intercession. I am now switching to several different portions of Psalms 61,62 & 63. I have been praying these psalms for several weeks in the translation that Nan Merrill uses in her book Psalms for Praying An Invitation to Wholeness which covers almost all of the psalms in versions that are ideal for use as prayers. I have discovered that friends also use this book and it has enriched our prayer life in many ways. Below are Nan's version of the parts of Psalm 61,62 & 63 which I am learning and will try to use for the next few weeks in my daily prayer time:

Psalm 61

Hear my cry, O Merciful One. Listen to my prayer; From the depths of my being

I call to you, for my heart is faint.

Lead me to the Rock that is my strength. for you alone are my refuge.

Your steadfast love conquers my fears.

Let me dwell in your Heart forever!

Oh, to be safe under the shelter of your wings!

For with mercy you have heard my prayers,

You have shown me the heritage of those who know your love.

Commit my ways to my birthright, that I might be a co-creator through all generations!

As I walk on your path forever,

fill me with abiding love and understanding!

I shall sing praises and blessings

to your Name, as I abandon myself into your Heart day by day!

Psalm 62

For you alone my soul waits in silence;

from the Beloved comes my salvation

Enfolding me with strength and steadfast love,
My faith shall remain firm
For You alone my soul waits in silence;
My hope is from the Beloved
Enfolding me with strength and steadfast love,
My faith shall remain firm.
In the silence rests my freedom and my guidance;
You are the Heart of my heart,
my refuge is in the Silence
Trust in Love at all times, O People;
Pour out your heart to the Beloved;
Let Silence be a refuge for you.

Psalm 63

O Love, you are my Beloved, and I long for You;
My soul thirsts for you;
All that is within me thirsts,
as in a dry and barren land with no water.
So I have called out to you in my heart,
sensing your power and glory.
Because your steadfast love is life to me,
my lips will praise You,
I would radiate your love as long as I live.
becoming a blessing to others
in gratitude to You.

My soul feasts as with a magnificent banquet,
and my mouth praises you with joyful lips
When I ponder on your kindness, and meditate on You throughout the night;
For you have been my salvation. and in the shadows of your wings I sing for joy.
My soul clings to You, your love upholds me.
The fears that seem to separate me from You shall be transformed and disappear;
As they are faced, each fear is diminished; they shall be gone as in a dream when I
awaken. And my soul shall rejoice in the Beloved;
You who open your heart to Love will live in peace and joy!"

Nan C. Merrill [Psalms for Praying An Invitation to Wholeness](#), Continuum, New York &
London, 2005

"Listen to me in silence" Isaiah 41 (NRSV)

I have found this to be a refreshing way to pray the psalms and can joyfully recommend
the book to you.

God Bless you. enjoy the week and keep on praying.

Under God's Mercy,

Howie