



ALABASTER
GUIDED MEDITATIONS

PSALMS

READ | REFLECT | RESPOND | REST

VOLUME TWO



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- ¹ Praise the LORD!
How good to sing praises to our God!
How delightful and how fitting!
- ² The LORD is rebuilding Jerusalem
and bringing the exiles back to Israel.
- ³ He heals the brokenhearted
and bandages their wounds.
- ⁴ He counts the stars and calls them all by name.
- ⁵ How great is our Lord! His power is absolute!
His understanding is beyond comprehension!
- ⁶ The LORD supports the humble,
but he brings the wicked down into the dust.
- ⁷ Sing out your thanks to the LORD;
sing praises to our God with a harp.
- ⁸ He covers the heavens with clouds,
provides rain for the earth,
and makes the grass grow in mountain pastures.
- ⁹ He gives food to the wild animals
and feeds the young ravens when they cry.
- ¹⁰ He takes no pleasure in the strength of a horse
or in human might.
- ¹¹ No, the LORD's delight is in those who fear him,
those who put their hope in his unfailing love.
- ¹² Glorify the LORD, O Jerusalem!
Praise your God, O Zion!
- ¹³ For he has strengthened the bars of your gates
and blessed your children within your walls.
- ¹⁴ He sends peace across your nation
and satisfies your hunger with the finest wheat.
- ¹⁵ He sends his orders to the world—
how swiftly his word flies!
- ¹⁶ He sends the snow like white wool;
he scatters frost upon the ground like ashes.
- ¹⁷ He hurls the hail like stones.
Who can stand against his freezing cold?
- ¹⁸ Then, at his command, it all melts.
He sends his winds, and the ice thaws.
- ¹⁹ He has revealed his words to Jacob,
his decrees and regulations to Israel.
- ²⁰ He has not done this for any other nation;
they do not know his regulations.
Praise the LORD!



148

- ¹ Praise the LORD!
Praise the LORD from the heavens!
Praise him from the skies!
- ² Praise him, all his angels!
Praise him, all the armies of heaven!
- ³ Praise him, sun and moon!
Praise him, all you twinkling stars!
- ⁴ Praise him, skies above!
Praise him, vapors high above the clouds!
- ⁵ Let every created thing
give praise to the LORD,
for he issued his command,
and they came into being.
- ⁶ He set them in place forever and ever.
His decree will never be revoked.
- ⁷ Praise the LORD from the earth,
you creatures of the ocean depths,
⁸ fire and hail, snow and clouds,
wind and weather that obey him,
⁹ mountains and all hills,
fruit trees and all cedars,
¹⁰ wild animals and all livestock,
small scurrying animals and birds,
¹¹ kings of the earth and all people,
rulers and judges of the earth,
¹² young men and young women,
old men and children.
- ¹³ Let them all praise the name of the LORD.

For his name is very great;
his glory towers over the earth and heaven!

- ¹⁴ He has made his people strong,
honoring his faithful ones—
the people of Israel who are close to him.
Praise the LORD!

149

- ¹ Praise the LORD!
Sing to the LORD a new song.
Sing his praises in the assembly of the faithful.
- ² O Israel, rejoice in your Maker.
O people of Jerusalem, exult in your King.
- ³ Praise his name with dancing,
accompanied by tambourine and harp.
- ⁴ For the LORD delights in his people;
he crowns the humble with victory.
- ⁵ Let the faithful rejoice that he honors them.
Let them sing for joy as they lie on their beds.
- ⁶ Let the praises of God be in their mouths,
and a sharp sword in their hands—
- ⁷ to execute vengeance on the nations
and punishment on the peoples,
⁸ to bind their kings with shackles
and their leaders with iron chains,
⁹ to execute the judgment written against them.
This is the glorious privilege of his faithful ones.
Praise the LORD!





150

- ¹ Praise the LORD!
Praise God in his sanctuary;
praise him in his mighty heaven!
- ² Praise him for his mighty works;
praise his unequalled greatness!
- ³ Praise him with a blast of the ram's horn;
praise him with the lyre and harp!
- ⁴ Praise him with the tambourine and dancing;
praise him with strings and flutes!
- ⁵ Praise him with a clash of cymbals;
praise him with loud clanging cymbals.
- ⁶ Let everything that breathes
sing praises to the LORD!
Praise the LORD!

EVERYTHING

PSALM 150

READ

1. If you are able, stand and read the passage aloud and emphasize the words you resonate with the most.
2. Look at the photograph on page 124. What do you notice? What is happening in this photo?
3. Take a seat. Pause.

REFLECT

1. Read the passage again. Notice if the words make you want to move your body or respond in some physical way. Notice the repetition and the patterns in the text and how that may affect the way you read and respond to the passage.
2. Look at the photograph and imagine anticipating and then hearing the clash of the cymbals. Imagine seeing a pair of cymbals almost meeting but never actually hitting each other to produce

a sound. How does that anticipation and lack of follow-through feel? How does that connect to praise and worship?

RESPOND

1. Rewrite the psalm replacing the nouns (e.g., sanctuary, ram's horn) with places and things that resonate more with you and your community. Praise the Lord in your mother tongue through your version of the psalm or even through a dance or music.

REST

1. Read the passage, aloud if possible. Sit in the joy of God's faithfulness to you and your community.

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