

The Psalm selections on the following pages can be read before Centering Prayer in Retreat settings. Many teams will use document to mark their own copy of Nan C. Merrill's *Psalms for Praying* 10<sup>th</sup> Anniversary Edition.

- Please note that the pages on this document are not the same as the original version of the book so if you have the original version, you will need to look for the passages on a different page.
- The passages can be used directly from this document as well.
- There may be more readings than you may need. Perhaps your team offers 5-day Intensives, you may choose to read the first set of passages one year and later passages at the next retreat.
- If your team is hosting a dual track Retreat with both the Intensive and Post Intensive at the same time, you may choose to read selections from Late Afternoon/Evening column below.

**Psalms for Praying** 20<sup>th</sup> Anniversary Edition by Nan C. Merrill

[If the team decides on an early evening gather Psalms can begin the prayer time.]

**Suggested Intensive Retreat Readings**

Day	Early Morning	Late Morning	Mid-Afternoon	Late Afternoon / Evening
2	Ps 15	Ps 18	Ps 19	Ps 21
3	Ps 24	Ps 25	Ps 26	Ps 27
4	Ps 29	Ps 31	Ps 32	Ps 34 A
5	Ps 34 B	Ps 37	Ps 40	Ps 42
6	Ps 51	Ps 66	Ps 68	Ps 71
7	Ps 73	Ps 76	Ps 77	Ps 78
8	Ps 79	Ps 80	Ps 86	Ps 90
9	Ps 92	Ps 99	Ps 103	Ps 105
10	Ps 106	Ps 107	Ps 108	Ps 119
11	Ps 122	Ps 132 a	Ps 132 b	Ps 135
12	Ps 136 a	Ps 136 b	Ps 139	Ps 147

**Note: Read Psalm 100 for last prayer time no matter the length of the retreat.**

Pages 19–20

**Psalm 15**

O, Beloved, You invite us to rest  
in the abode of your Heart,  
to forgive our weaknesses  
and renew our love.  
Who will respond with hearts  
opened wide to Love?

Those who walk with integrity, who  
are in harmony with your Word,  
and sing the heart's song;  
Whose tongues speak truth  
judging not others and  
seeking only the good;  
Whose eyes behold not the outer  
garments of the body,  
but see within the inner robe  
of Love;  
Whose own weaknesses are acknowledged  
and brought to light in prayer;  
Those who are just in all affairs of life  
and take not advantage  
of another.

Those who dwell in the Heart of Love  
who act justly, with integrity,  
will join the Dance of Life,  
will sing the Songs of Joy!  
Their family, friends and, indeed,  
the world  
will be blessed by their love.

Pages 22–23

**Parts of Psalm 17**

Listen to my heart, O Love Divine;  
hear the cry within me!  
Heed my prayer from lips that  
would utter truth!  
For in You do I seek justice!  
Be Thou my eyes that I may  
see with clarity.

...

Be Thou my feet that I may walk  
along your paths;  
that I may be a benevolent  
presence on life's highway.

I call upon You knowing You will  
answer me,  
Heart of my heart;  
incline your ear to me,  
hear my words.  
Wondrously show your steadfast love,  
O Love Divine, You walk beside me  
giving me strength to face  
the fears that dwell within.

...

Open my heart that compassion may  
be my companion:  
Where I meet pride, humble me;  
Where I meet anger, calm my fears;  
Where I meet injustice, cause me  
to act in love's way.  
May I be as gentle as the doe,  
as fearless as a lion,  
as faithful as the dog.

Arise, O Heart of Love!  
confront all within me  
that is not whole!

...

Page 24

**Part of Psalm 18**

I abandon myself to You,  
O Living Presence, my strength.  
You are my stronghold,  
my freedom,  
Almighty One, the rock and  
foundation of my life,  
Just One, tower of strength,  
the source of truth and light,  
I call upon You, Heart of my heart,  
singing praises to your Name,  
and fear no longer holds me.

The demons of darkness assailed me,  
the blindness of ignorance led me  
astray;  
The shadows of fear paralyzed me.  
the anguish of loneliness  
confronted me.  
In my distress I called out to You,  
O Gracious One;  
to You I cried for help.  
You heard my voice, O Loving Presence,  
You hearkened to my cry.

...

Pages 30–31

**Part of Psalm 19**

...

The law of Love is perfect,  
reviving the soul;  
The testimony of Love is sure;  
making wise the simple;  
The precepts of Love are right,  
rejoicing the heart;  
The authority of Love is pure,  
enlightening the eyes;  
The spirit of Love is glorious,  
enduring forever;  
the rites of Love are true,  
awakening compassion.

More to be desired are they  
than gold,  
even much fine gold:  
Sweeter also than honey and  
drippings of the honeycomb.  
Moreover, by them are the loving  
guided;  
in keeping them there is  
great reward.

But who can discern their own  
weaknesses?  
Cleanse me, O Love, from  
all my hidden faults.  
Keep me from boldly acting in  
error; let my fears  
and illusions not have dominion  
over me!  
Then shall I become a beneficial  
presence,  
freely and fully surrendered  
to your Love.

Let the words of my mouth  
and the meditation of my heart  
find favor in your Heart  
O my Beloved, my strength and  
my joy!

Page 20

**Part of Psalm 20**

May the Great Birther who created  
you in wholeness, comfort you  
when you call!  
May the Name of Love be your  
protection  
and rise up in your heart  
as a tower of strength!  
May all you have given in gratitude  
and with open hands  
be returned to you a hundredfold!  
May your heart's desires and all of  
Love's plans for you  
be fulfilled in due season!  
Let us shout for joy as Love  
triumphs over fear;  
Let our thankful hearts sing in  
loud acclamation to the  
Beloved, who answers  
our heartfelt prayers for  
well-being.

...

Pages 33–34

**Part of Psalm 21**

In your strength I rejoice,  
O my Beloved,  
and in your Presence  
my heart finds rest!  
You heed the heart's desire,  
answering the cry of the soul,  
and You bestow blessing upon  
blessing;  
Your Love is as a crown of fine  
gold upon my head.  
I asked for life; and life  
you did provide,  
eternal life comes through  
your Love.  
All glory be yours, O Loving Presence,  
Splendor and majesty are  
your raiment.  
Yes, your blessings are forever;  
You delight me with joy  
of your Presence.  
Forever I will put my trust in You;  
and as I abandon myself to You  
in love,  
I am assured of peace.

...

Pages 39–40

**Part of Psalm 24**

The earth is yours, O Giver of Life,  
in all its fullness and glory,  
the world and all those who  
dwell therein;  
For You have founded it upon  
the seas,  
and established it upon  
the rivers.

Who shall ascend your hill,  
O Gracious One?  
and who shall stand in your  
holy place?  
All who have clean hands and  
pure hearts,  
who do not lift up their souls  
to what is false,  
nor make vows deceitfully.  
All these will be blessed by the  
Heart of Love,  
and renewed through forgiveness.  
Such is the promise to those  
who seek Love's face.

...

Page 41

**Part of Psalm 25**

To You, O Love, I lift up my soul!  
O Heart within my heart,  
in You I place my trust.  
let me not feel unworthy;  
let not fear rule over me.  
Yes! May all who open their hearts savor You  
and bless the earth!

Compel me to know your ways, O Love;  
Instruct me upon your paths.  
Lead me in your truth,  
and teach me  
for through You will I know  
wholeness;  
I shall reflect your Light  
both day and night.

I know of your mercy, Blessed One,  
and of your unconditional Love;  
You have been with me  
from the beginning.  
Forgive the many times I have walked  
away from You  
choosing to follow my own will.  
I seek your guidance, once again,  
I yearn to know your Peace.  
Companion me as I open to your Will!

...

Page 44

**Part of Psalm 26**

...

O Loving Presence, I cherish your  
dwelling place, my heart;  
O, that I might radiate Love Divine.  
Keep me always in your presence,  
Ever-ready to praise your Name.  
Make me holy, complete in You,  
Write my name among the saints.

For I choose the path of peace  
and wholeness;  
The Counselor is my strength  
and my guide.  
Standing with equanimity in heaven's  
blessed company,  
I shall know Love and Peace  
beyond the world's understanding.  
Blessed are you, O my Beloved!

Pages 45–46

**Part of Psalm 27**

...

One thing have I asked of Love,  
that I shall ever seek:  
That I may dwell in the  
Heart of Love  
all the days of my life,  
To behold the Beauty of my Beloved,  
And to know Love's Plan.

For I shall hide in Love's heart  
in the day of trouble,  
As in a tent in the desert,  
Away from the noise of my fears.  
And I shall rise above  
my struggles, my pain,  
Shouting blessings of gratitude  
in Love's Heart  
And singing melodies of praise  
to my Beloved.

Hear, O my Beloved,  
when I cry aloud,  
be gracious and answer me!  
You have said, "Seek my face."  
My heart responds,  
"Your face, my Beloved, do I seek;  
hide not your face from me."

...

Pages 48–49

**Part of Psalm 29**

Give praise to the Beloved,  
O heavenly hosts,  
Sing of Love's glory and strength.  
Exalt the glory of Love's Name;  
Adore the Beloved in holy splendor.

The voice of the Beloved is upon  
the waters;  
Love's voice echoes over the oceans  
and seas.  
The voice of Love is powerful,  
majestic is the heart of Love.

The mercy of the Beloved breaks the  
bonds of oppression,  
shatters the chains of injustice.  
Love invites all to the dance of freedom,  
to sing the Beloved's song of truth.

...

Page 51

**Part of Psalm 31**

In You, Beloved, I would make my home;  
Though I be humiliated with guilt,  
Your mercy and forgiveness will  
deliver me!  
Hear me and hasten to my assistance!  
For You are my strength and have the power  
to raise me up!

Yes, You are strength and truth to me:  
You are my teacher, my guide;  
the Fire of your abiding Love  
cleanses my heart;  
Loosen the webs that entangle me,  
that veil my love for You.  
Into your hands I commend my soul.  
You have redeemed me, O Love,  
O ever Faithful One.

...

Pages 54–55

**Part of Psalm 32**

Blessed are you whose wrongdoings  
have been forgiven,  
whose shame has been forgotten.  
Blessed are you in whom Love Divine  
finds a home,  
and whose spirit radiates truth.

When I acknowledged not my shortcomings,  
I became ill through all my defenses.  
And day and night, guilt weighed heavy  
constricting my heart;  
My spirit became dry as desert bones.

I admitted my faults to the Most High,  
and I made known my regret;  
I cried out, “Forgive me, O Comforter,  
for those times I have sinned in  
my thoughts, my words,  
and my deeds;”  
And the Beloved created within me  
a clean and open heart.

...

Pages 58–59

**Part A of Psalm 34**

I will bless the Beloved at all times;  
A song of praise will I sing.  
My soul speaks to the Beloved continually,  
let all who suffer hear and be glad.  
O, open your hearts, friends,  
that your pain and loneliness  
be turned to Love;  
And then, we shall rejoice in the Beloved  
together!

When I searched for Love, the Beloved  
answered within my heart,  
and all my fears flew away.  
Look to the Beloved, and your  
emptiness will be filled,  
your face will radiate Love.  
For when you weep, the Beloved hears  
and comes to companion you;  
your burdens are eased by Love.  
The Beloved sends angels when you  
call upon these messengers  
for guidance and light,  
for their gracious inspiration,  
one with Love, you are never alone!

...



Pages 59

**Part B of Psalm 34**

...

Happy are all who dwell in the  
Beloved's heart!  
Abandon yourself into Love's hands,  
O you holy ones,  
For those who give themselves to the Beloved,  
lack no good thing.  
Everyone separated from Love is empty  
and hungry within;  
But those who open their hearts to  
the Beloved,  
are filled to overflowing!

O come and see, come and hear,  
how we honor the Beloved.  
Many there are who desire Life,  
who yearn for fulfillment,  
who covet the wisdom of Truth.  
Keep your heart open and free,  
take time to dwell in the Silence,  
Become a peaceful presence in the world.  
For the Beloved sees the deeds  
of our hearts, and  
hears our innermost thoughts.

...

Pages 65–70

**Parts of Psalm 37**

Give no heed to those who are greedy,  
attend not to those who do wrong.  
For, like the green grass of spring,  
they soon fade and wither away.

Trust in the Most High, and seek goodness;  
live harmoniously upon the earth  
in peace and with assurance.  
Take delight in the Beloved, and  
enjoy the bountiful gifts of Love.

...

Recognize your own anger as unfulfilled  
desire, and  
lift your thoughts to higher planes;  
For those who act out of anger,  
separate themselves from Love;  
While those who live in harmony,  
shall know peace, assurance, gratitude,  
and love.

...

From my birth to my elder years,  
I have watched the upright blessed  
with inner strength and faith.  
Living as beneficial presences in the world,  
their children come to know Love.

Turn from ignorance, and become all that  
you were born to be;  
thus will you fulfill your birthright.  
The Beloved loves justice and will enable  
all who call upon Love to grow  
in love.

The upright of heart will know the  
fulness of life,  
their children will be blessed.  
Those who give avarice a home,  
set their children on the path  
that leads to darkness.

Composed by the Retreats Service Team Summer 2022

...

Desire only Love and walk your days  
with the Beloved;  
you will radiate with joy, blessing  
others with Love's presence;  
you will know not loneliness with  
Love's Companioning Presence.

...

Look at the innocent, consider those  
honest of heart;  
they leave a rich inheritance  
to their children.  
But those who live with greed, end  
their days empty,  
they leave a legacy of hollow vanity  
to their children.

...

Love invites all to open their hearts.

Pages 70–72

**Parts of Psalm 38**

O Beloved, in your mercy, forgive me,  
in your compassion raise me up!  
For arrows of fear pierce my heart,  
and guilt weighs heavy upon me.

I live in confusion, fear, and despair  
because of my illusions;  
My body responds with illness  
because of my stubbornness.  
Ignorance casts me into darkness;  
I grope in every direction,  
searching in vain.

...

Beloved, all my longing is known to You,  
my sighing is not hidden  
from You.  
My heart throbs endlessly, my  
strength fails me;  
even the light of my eyes—  
it also has disappeared.  
My friends and companions have  
no time for me,  
my family stays at a distance.

...

For You alone, Beloved, do I wait;  
You alone, O Gracious One,  
will answer my cry.

I pray, “Be my strength!  
Uphold me when I am weak  
and paralyzed with fear!”  
For I seem ready to fall,  
my pain is always with me.  
I confess my shortcomings,  
I am sorry for my transgression.  
No longer will I listen and follow  
the ego’s wily ways;  
they lead only to despair and  
separate me from Love.  
I feel like a child again, ready  
to learn life’s lessons of peace;  
I choose to walk in the Light.

I no longer feel separated from You,  
O Beloved!

I know I am One with All!  
You have rolled away the stone  
from my heart,  
O Love, my Beloved Friend!

Page 75

**Parts of Psalm 40**

...

Blessed are those who make Love  
their home,  
who do not turn to the proud,  
to those who follow false idols!  
O Beloved, how wondrous are your gifts  
to us; your thoughts are  
beyond our imagination.  
What joy to live in Oneness with You!  
Were we to proclaim and tell of Your  
beauty and blessed grace,  
who could measure it?

Sacrifice and offering are not  
your desire for us;  
for, you have opened our  
heart's ear.  
Burnt offerings are not required.  
My heart affirms my surrender;  
in the Book of Life it is written:  
"I abandon myself into your hands,  
for I love You and wish only  
to create with You,  
O my Beloved;  
For You are the Life of my life forever.

...

Page 78–79

**Parts of Psalm 42**

As a heart longs for flowing streams,  
so longs my soul for You,  
O Beloved.  
My soul thirsts for the Beloved,  
for the Living Water.  
When may I come and behold  
your face?  
Tears have been my only nourishment  
day and night,  
While my friends ask continually,  
"Why do you seem so lost  
and forlorn?"

All this I remembered,  
as I poured out my soul:  
How I knew your Presence within me  
as I went out among the throng,  
proceeding to the House of Prayer;  
With loud voice we gave You praise  
and acclamation,  
a multitude proclaiming gratitude  
and joy.  
Why are you cast down, O my soul,  
and why are you disquieted  
within me?  
My hope is in the Beloved, my  
strength and my joy,  
O my soul, open the door to Love!

Pages 84–85

**Parts of Psalm 45**

I address my verses to the  
Heart of all hearts;  
My tongue is like the pen  
of a ready scribe.  
My heart overflows with gratitude  
and peace.

You are the lodestar for humankind;  
grace springs forth from you Love;  
You, who are closer than our breath,  
speak to us from the silence.  
Those who listen and heed are  
blessed beyond belief!  
Put on the voice of authority,  
O, Beloved, speak to us in  
your glory and grandeur!

With mercy and strength go forth  
for the cause of Truth to  
teach Love's way;  
with resolute authority awaken  
your people toward wholeness!  
Your ways are narrow, and few there are  
who choose to follow;  
many stumble and fall  
along the Way.

Your Divine Presence endures forever  
and ever.  
Your sovereign edict is ordained  
with justice;  
your love is unconditional,  
without reserve.  
Therefore, O Creator, O Heart of Love,  
anoint us with  
the oil of gladness to share  
with all;  
your raiment is as fragrant blossoms,  
fruit of the earth,  
healing herbs from nature's bounty.  
From every direction stringed instruments  
will gladden our hearts;  
our friends will be mature and kind,  
filled with integrity,  
standing beside us in times of need.

...

Pages 96–97

**Parts of Psalm 51**

...

Create in me a clean heart, O Gracious One,  
and put a new and right spirit  
within me.

Enfold me in the arms of Love, and  
fill me with your Holy Spirit.

Restore in me the joy of your saving grace,  
and encourage me with a new spirit.

Then I will teach others your ways  
and prisoners of fear will return  
to You.

Deliver me from the addictions of society,  
O Healer of souls,  
keep me from temptation that  
I may tell of your justice  
and mercy.

O Gracious One, open my lips and  
my mouth shall sing forth  
your praise.

For You do not want sacrifice;  
You delight in our friendship  
with You.

A sacrifice most appropriate is a  
humble spirit;  
a repentant and contrite heart;  
O Merciful One,  
receive our gratitude and love.

...

Page 99

**Parts of Psalm 53**

...

The Holy Spirit seeks our hearts  
that have been broken,  
Ever ready to heal them with  
strength and new life.

Even when a heart remains closed,  
seeking its own will,  
The Beloved waits with abiding courtesy  
to hear the inward call.

Many there are who know not Love,  
laboring only for money and power,  
Becoming greedy and dissatisfied,  
oppressing the poor and  
the weak.

There they are; fear besets them—  
fear that others will steal their  
wealth,  
that their riches will be scattered  
and lost;  
they live in prisons of their own  
making.

O, that deliverance would come to them!  
For, when they seek the Treasure  
within,  
they will be blessed and know  
the joy, friendship, and love  
of the Beloved in all hearts.

...

Pages 109–110

**Part 1 of Psalm 59**

Awaken me from my fears,  
O my Beloved,  
give me strength to face them  
as they rise up within me;  
Let your Love envelop me,  
and direct my thoughts to  
peaceful paths.  
Where I have erred in thought and  
spoken in anger,  
where I have acted without love,  
I ask forgiveness.

Rouse yourself, come to my aid,  
heed my cry!  
For You are the Compassionate One,  
Comforter to all who ask.  
You come to those who seek You;  
O Mender of broken hearts,  
create a new heart within me.  
I long to sleep at night in peace,  
to awaken to a new dawn.  
Too long have my fears, my guilt,  
pursued me,  
whispering lies in my ears  
and evoking beguiling images  
of illusionary darkness.

Yes, In You, O my Beloved, I find  
rest; I am strong.  
You remember not my erring ways,  
Your forgiveness is forever.  
O my Strength, I will sing praises  
to You;  
for You are my Rock.  
With steadfast Love, You stand  
with me;  
You teach me to face my fears;  
they disappear in the Light.

...

Pages 110–111

**Part 2 of Psalm 59**

...

O Comforter, my Strength!  
Let me make amends and start anew;  
help me grow in wisdom and  
understanding.  
For the havoc that my fears wield  
within me,  
turns to chaos in my life,  
wounding others and leading to  
a living death.

Then, as I become free of fear  
I will live in harmony,  
Love will shine through, and  
people will know that You live  
in my heart.  
At night I will rest in the Heart  
of the Beloved,  
my days will be guided  
by Love.  
My thoughts will become prayers  
offered from the Silence  
deep within.

O, how I will sing of your kindness;  
I will sing aloud of your  
Love for All!  
For You have been my rock  
and my refuge in the days  
of my distress.  
O Blessed Heart, I sing my songs  
of love to You,  
for You, O Beloved, have  
renewed my life;  
You have set me free to live  
with gratitude and joy!

Pages 114–115

**Parts of Psalm 62**

...

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; for  
You are the Heart of my heart,  
You speak to me 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.  
Being of love estate is but a sigh,  
being of high estate is misleading;  
In the balance, either high or low,  
It is of little consequence—  
they are gone in one breath.  
Riches, whether obtained by right  
or through extortion,  
rarely lead to nought but greed—  
set not your heart on them.

Once You have spoken,  
twice I have heard:  
Our potential gifts belong to You;  
to You render to us all that  
we offer to You—  
fear begets fear,  
love begets love.  
For You alone my soul waits in silence;  
from the Beloved comes Life,  
Love and Light.

Pages 120–121

**Part 1 of Psalm 66**

Sing a joyful song to the Beloved  
all the earth,  
and praise Love's name;  
Sing in glorious exultation!  
We say to You, "How magnificent are  
your ways:  
So great is your power that fear and  
doubt vanish before You;  
You are our Teacher for all ages:  
We, choose to listen and learn,  
sing songs of gratitude and joy.

Come and see what the Beloved has done;  
wondrous are the deeds of Love.  
Remember when the sea turned to  
dry land?  
There, we did rejoice in the One,  
who rules by the mighty Spirit  
of Love forever,  
Whose eyes keep watch on the  
nations—  
let not those who strive for  
power exalt themselves!

Bless the Beloved, Heart of our hearts,  
let the sound of our praises  
be heard.  
You keep us attuned to life and  
guide our feet on solid ground.  
For You, O Love, have tested us;  
You have tried us as silver is tried.  
You have allowed us to fall into the net:  
You have watched us reap all that  
we have sown;  
we went through fire and  
through water,  
Yet You have brought us through our  
pain and  
into your dwelling place. ...



Page 121

**Part 2 of Psalm 66**

...

I enter your Heart surrendered  
to Love;  
I commend my soul into your  
keeping;  
all that my lips uttered, all that  
my mouth promised when  
I was in trouble and pain,  
I offer up to You;  
I abandon myself into your hands.

Come and hear, all you who reverence  
the Most High,  
and I shall tell what the Beloved  
has done for me.  
I cried aloud to the Silent Watcher  
of my life;  
from my tongue came forth words  
of praise.  
Had I cherished greed and power,  
I would have separated myself  
from Love;  
the voice of my prayer was heard.

Blessed be the holy Name of the Beloved,  
Loving Companion Presence,  
who embraced me, and renewed  
my life.

Pages 13–124

**Parts of Psalm 68**

Impregnate us with Love, O Comforter!  
Let our fears be transformed;  
let all that keeps us separated  
and confused flee!

...

Merciful to the poor and kind to  
the lowly  
is the Comforter, who dwells within.  
With compassion are the desolate  
given a home,  
and prisoners set free;  
But those who run from Love live  
in a parched land.

O Beloved, reach into the hearts  
of your people,  
enter into the darkness of  
their fears;  
As the earth quakes, as floods strike  
without warning,  
your Presence is within us.  
As the mountains tremble and volcanoes  
spew forth ash,  
your Presence is within us.  
As rain falls in abundance on  
desert floors,  
restore the lands that they might flourish,  
that the flocks may roam and graze  
on fertile fields.  
In your Mercy, O Beloved,  
You provide for the needy,  
For those in peril,  
You are with us always.

...

Pages 133–135

**Parts of Psalm 71**

In You, O my Beloved, do I  
take refuge;  
Let me never feel separated  
from You!  
In you compassion come and  
refresh me;  
listen to my cry,  
answer my plea!  
Be to me a rock, a tower  
of strength,  
a strong arm to uphold me,  
as I abandon myself into  
your hands.

Be a very Presence to me as  
fear grips me,  
as I grow old and my friends  
leave me.  
For You, O Friend, are my hope,  
my strength, since I was  
but a child.  
Upon You have I trusted from  
my birth,  
You, whom I knew before  
my mother's womb.  
I continually sing praises to You!

...

O Friend, be not far from me;  
O Beloved, come and enfold me  
in your Presence!  
Help me to release my fears.  
Hear my prayer that these fears  
may be transformed,  
O You, who are my Counselor.

...

I praise you in the Silence  
of my heart,  
for your steadfast Love,  
O my Beloved;  
I offer my prayers out to others,  
extending your Love.  
My heart leaps for joy, as  
I whisper to You in  
the night—  
my soul also, which You renew  
within me, is also glad.

And I tell my friends as well as  
strangers  
of your abounding grace and  
kindness.  
For my fears have diminished,  
my strength has returned;  
I will live my remaining  
years in peace.  
Blessed be the Beloved, who dwells  
in all hearts!

Pages 138–141

**Parts of Psalm 73**

Truly the Beloved is near to those  
with open hearts,  
to those who abandon themselves  
to Love.

But as for me, I almost lost  
the way, when  
my heart was consumed with  
my own desires.

...

When my soul was embittered,  
when I was arrogant at heart,  
I was blind and ignorant;  
I was like a spoiled child  
to its parents.

Still You were ever near me,  
You waited for me to see.  
Now You guide me with your  
counsel,  
I am at home in your Heart.  
What is my Treasure but your  
Love?

There is nothing upon earth  
that I desire besides You.  
My body and mind may fail,  
but You are the strength of  
my heart  
and my joy forever.

...

Page 145–146

**Parts of Psalm 76**

In loving places, O Beloved,  
are You known,  
your mercy extends to all  
the earth.

Your abode has been established  
in our soul,  
your dwelling place in our heart.  
You break down our wall—  
our anger, fear, illusions  
and doubts.

Glorious are You, more majestic  
than the everlasting mountains.  
That which is haughty within us  
is brought low...

For You fill us with wonder!  
You, who know our innermost  
being,  
You forgive us and raise us up.  
From the depth of our soul  
You call us to awaken,  
to grow toward harmony  
and wholeness.  
You well up in our hearts with  
the inward call  
to liberate the oppressed  
of the earth.

...

Pages 147–149

**Parts of Psalm 77**

I cry aloud to You, O Friend,  
to the Eternal Listener, that  
I might be heard.  
In the day of trouble I seek the  
Beloved;  
in the night my hand is  
stretched out in prayer;  
my soul yearns to be comforted.

I think of the Beloved, and I moan;  
I meditate, and my spirit  
is weak.  
You trouble me and I cannot  
find peace;  
I am so fearful,  
I cannot sleep;  
I am so filled with fantasies  
I cannot speak out.  
How well I remember years past,  
when You were a companion close by.  
I commune with my heart all  
through the night;  
I meditate, my spirit seeking  
its Friend:  
“Will You abandon me forever, and  
leave me comfortless in my  
distress?  
Where is your steadfast Love that  
make my soul to sing?  
Are your promises empty, that  
I feel so alone?”

“Where is the Comforter to ease  
this emptiness?  
How have I offended You, O Friend,  
that I am so alone?”  
And I wonder,  
“Is it those walls of fear and guilt,  
that separate me from the very  
Heart of my heart?”

I call to mind the closeness of my Friend;  
yes, I remember the joy of  
the Beloved’s presence.  
I contemplate in the Silence,  
recalling how You led me  
along the Way;  
For your Way, O Beloved, is holy,  
There is no other like You!  
You are the One who will bring  
us to wholeness,  
You manifest your Love to all  
who call upon You;  
With You the peoples are redeemed,  
the nations brought to peace.

...

... You stand beside us as we walk  
through our fears to  
the path of wholeness and love,  
though our footsteps are unsure.  
You send the Counselor as a guide  
to lead us on the road to peace,  
truth and love.

Pages 150–156

**Parts of Psalm 78**

Listen well, O peoples of the earth,  
to inner promptings of the Spirit;  
Let Silence enter your house that  
you may hear!  
For within your heart Love speaks:  
Not with words of deceit,  
But of spiritual truths to guide you  
upon the paths of peace.

...

Since the birth of consciousness  
armed with free will,  
many there are who have rebelled  
against the Creator.  
They did not keep the great Covenant  
but refused to live according to  
Love's way.  
They forgot their purpose and the  
beautiful Plan,  
and all that had been given  
as Gift.  
Throughout the ages, the Eternal Lover  
has shown the marvels of Creation,  
wonders to behold.

...

For the Spirit of Truth is written upon  
gentle and open hearts,  
not as on stones of old.  
With steadfast love, will the Counselor  
guide you; and  
to all who abandon themselves to  
the Beloved  
Will the Divine Plan be revealed.  
Amen and amen!

Pages 157–158

**Parts of Psalm 79**

O Merciful Presence, the ignorant seem  
unrestrained in the world;  
they defile the Sacred Altar, your  
dwelling place within;  
they leave those weaker than themselves  
in ruins.  
Chaos and destruction follow them, as  
they oppress the poor through  
deception and greed, and  
kill the faith-filled who resist.  
Yes, they have poured out their blood  
like water throughout the world;  
many have disappeared without a trace.  
How long will the unjust bring anguish  
to the loving, to those  
who seek justice and peace?

...

Pour out your Love on every nation,  
open the hearts of all people;  
We await a new birth of Consciousness,  
we call upon your Name!  
For the ignorant and unloving are laying  
waste to the planet.

Forgive us for the misuse and abuse  
of your Creation;  
humble us with your steadfast Love,  
before the world becomes a barren  
waste.  
Help us, O Compassionate One, to renew  
the face of the earth;  
deliver us, and forgive our sins,  
that we might know the joy of  
co-creation!

...

Pages 159–161  
**Part of Psalm 80**

Eternal Listener, give heed to  
your people,  
You, who are our Guide and our  
Light!  
You, who dwell amidst the angels,  
shine forth into the heart of  
all nations!  
Enliven your people with compassion  
that peace and justice  
might flourish.

Restore us, O Holy One;  
let your face shine upon us,  
teach us to love!

Gentle Teacher, help us to turn  
to You in prayer,  
fasting from our negative thoughts.  
In your steadfast Love, You weep  
with our tears,  
tears that rise from fear,  
doubt, and illusion.  
You uphold us when we feel the sting  
of pride,  
when our anxiety threatens to  
paralyze us.

Restore us, O Holy One;  
let your face shine upon us,  
teach us to love!

...

Page 171  
**Part of Psalm 86**

...

O Beloved, numerous fears rise up  
within me;  
like an army they seek to  
overwhelm me, and  
they would keep me in darkness.  
Yet You are merciful and gracious,  
ready to forgive and ever  
abounding in steadfast Love  
and faithfulness.  
Be present to me and receive my prayer;  
imbue me with strength, and  
help me to release each fear.  
Pour forth your Light into my soul,  
that all that is hidden in darkness  
may come forth into awareness.  
For You, O Beloved, are my Redeemer  
and my Comforter.

Pages 180–181  
**Part of Psalm 90**

...

Awaken us, O Holy One! Too long  
have we been asleep!  
Have mercy on your people!  
Help us to wait in Silence listening  
for your gentle Voice;  
Strengthen us with courage to  
face the fears within.  
O, that we might be converted in our hearts  
and walk together in peace and  
harmony!  
Let your love be known to the nations,  
your Glory to our children's  
children.  
Let the grace and gentleness of the  
Holy Spirit be upon us,  
Guiding our feet upon paths  
of Love Consciousness  
Increase the Light within us—  
O Beloved, hear our prayer!  
Amen.

Pages 184–185  
**Part of Psalm 92**

...

How wondrous is your Divine Plan,  
O Beloved,  
Your design, brought forth by Love!  
The ignorant cannot perceive,  
those who still sleep cannot  
understand:  
Though darkness covers much of  
the land  
and violence seems to flourish,  
Love gives birth to dazzling Light,  
and, like a laser,  
it shines through to all that  
is hidden.  
Yet, lo, all those who separate  
themselves from Love,  
will be undone by fear.

You delight in my spirit and elevate  
my soul;  
You bathe me in the oil of  
kindness.  
My eyes behold the radiance of  
creation's glory,  
my ears echo with Love's refrain.  
Those who live with integrity are like  
a garden in full bloom,  
whose blossoms beautify the earth.  
They are planted in the dwelling place  
of Love,  
their produce nourishes all those  
who pass by.  
All through their lives they reap  
bountiful harvests,  
overflowing as a cornucopia of  
the finest of fruits,  
Magnifying the Blessed Gardner,  
living as sons and daughters  
of the Most High.

Pages 194–195  
**Part of Psalm 99**

Awaken, O you people! Entrust your  
hearts to Love.  
For the Beloved reigns supreme;  
let all the earth give thanks!  
Your unseen Presence is great in  
the land;  
You sit with the leaders of nations.  
Let them be silent and guided by  
your Voice!  
Holy are You!  
You are mighty and love justice,  
You establish equity;  
Out of the Silence, your Word can  
be heard in the land  
inviting the nations to live  
in peace.  
Listen O you people! Open your hearts  
to the Beloved,  
that Truth may be born anew!

...

Pages 196  
**Psalm 100**

Sing joyful noise to the Beloved  
all peoples of the earth!  
Serve Love with a glad heart!  
Join hands in the great  
Dance of Life!

Know that the Beloved of your heart  
is the Divine Presence!  
Love created us, and we belong to  
the Most High;  
We are born to be loving,  
expressions of the Creator's  
Divine Plan.

Open the gates of your heart  
with gratitude  
and enter Love's court  
with praise!  
Give thanks to the Beloved,  
bless Love's holy Name!

For Love is of God, and lives  
in your heart forever,  
With faith, truth, and joy, now  
and in all that is to come.  
Alleluia! Amen!



Pages 201–203

**Parts of Psalm 103**

Bless the Beloved, O my soul,  
and all that is within me;  
I bless your Holy Name!  
Bless the Beloved, O my soul,  
and remember the goodness  
of Love.  
You forgive our stubbornness  
you heal our disease,  
You save us from the snare  
of fear;  
You crown us with steadfast  
Love and Mercy,  
You satisfy our every need and  
renew our spirit like  
the eagle's.

Through You comes peace and  
justice for all who are oppressed  
You make known the pathway of  
truth,  
and guide us on the Way.  
You are merciful and gracious,  
quelling our anger with your  
patient Love.  
You love us more than we can ask  
or imagine;  
in truth, we belong to You.

...

The Beloved's home is in our hearts,  
as we discover in the Silence.  
Bless the Beloved, O you angels,  
you faith-filled ones who hear  
the Word,  
following the Voice of Love!  
Bless the Beloved, all you people,  
those who abandon themselves  
into Love's hands!  
Praise the Beloved all of Creation!  
Praise the Beloved, O my soul!

Pages 207–211

**Parts of Psalm 105**

O Give thanks to the Beloved. And  
open your hearts to Love.  
Awaken! Listen in silence for the  
Voice of the Counselor.  
Sing praises with a glad heart  
and give witness to the truth  
with your lives!  
Glory in the radiance of the Beloved;  
Let the hearts of those who call  
upon You rejoice!  
Seek the One who is Life, your strength,  
walk harmoniously in Love's Presence!  
Remember that you are not alone, for  
through Love doubt and fear  
are released;  
O people of the earth, ever bear  
in mind  
the unity of diversity in the  
Divine Plan!

You are the Promise of our  
wholeness,  
You await our readiness to  
choose Life.  
Your covenant of Love stands firm  
through all ages;  
You forgive us when we stray  
far from Home.  
Help us to learn to trust You,  
to untangle the webs of illusion  
that we have made.

...

Pages 211–216  
**Part of Psalm 106**

...

You remember us, O Beloved, as we  
journey through life;  
help us to live the Mystery,  
That we may fulfill our divine destiny,  
that we may co-create with You,  
that we may live into our  
divine birthright.  
Stand by us that we may become poor  
in spirit,  
acknowledging our own weaknesses  
that lead us astray.  
Teach us to be patient with ourselves,  
that we might offer the gift  
of patience to others;  
O, that we might learn to be calm,  
to persevere with utter trust  
as we face the fears that  
bind us.  
We yearn for all that will bring us  
new life,  
we long for your very Presence  
among us;  
Comfort us, O Beloved, with the  
tranquility of your Spirit;  
lead us into calm waters.

...

Pages 217–221  
**Part of Psalm 107**

We give thanks to You,  
who are the Source of Love;  
whose Light shines forth  
throughout the universe!  
Come, awaken our hearts that  
we might do your Work;  
For, without You, we can do nothing;  
'tis your Love that loves  
through us.

Gather us in from all the lands,  
From the east and the west,  
From the south and the north.  
let all who are hungry and thirsty,  
whose souls are faint within  
them,  
Cry out to the Most Merciful to give  
them succor,  
to nourish them with healing  
love;  
For fear cannot live where love, grace,  
and gentleness abide.  
Enter into the Great Silence,  
where you may hear the voice  
of the Beloved,  
Who satisfies the hungry soul,  
and quenches the thirsty with  
streams of Living Water.

...

Pages 221–222

**Part of Psalm 108**

My heart is untied with  
Your Heart, O Beloved!  
I sing, and I will sing praises!  
My soul is awakened:  
O joy, O gratitude!  
I arise to the new dawn!  
I give thanks to You, Beloved,  
among the peoples,  
I sing praises to You among  
the nations.  
For your steadfast Love is great  
through all the world,  
your faithfulness remains  
for all eternity.  
Be exalted, O Radiant One, throughout  
the universe!  
Let your Glory extend to the  
ends of the earth!  
That your friends may be set free  
from fear,  
Come to our aid, waken us all!

...

Pages 239–256

**Part of Psalm 119**

Blessed are those whose ways are  
blameless,  
who live with spiritual integrity!  
Blessed are those who honor the  
Inner Being,  
who follow You with their  
whole heart,  
Who enfold the world with love  
and walk on peaceful paths!  
You have shown us the way of Truth,  
The way that leads to freedom.  
O, that I might know inner peace, as  
I surrender myself into  
your Hands.  
I will praise You with a grateful  
heart,  
as I lean on your great kindness.  
As I forsake the path of darkness,  
O have mercy on me!

How can the young keep to the  
straight path? Only  
by learning to listen to the  
still Voice within.  
With all my heart I seek You;  
let me not wander from  
your teachings!  
Your Love is imprinted upon my heart,  
that I may walk in your Light.  
Blessed are You, O Counselor;  
guide me in all that I do,  
That with my lips I may bear  
witness to the truth of your Way.  
With your Word in my heart,  
I delight more than with the  
world's riches.  
I listen in the Silence,  
awaiting the clarity of your counsel.  
May I become a living fountain of joy  
as I give thanks for your bountiful  
blessings!

Page 258

**Parts of Psalm 122**

My spirit soared when a Voice  
spoke to me:  
Come, come to the Heart  
of Love!"  
How long I had stood within the  
house of fear  
yearning to enter the gates  
of Love!

...

Pray for the peace of the world!  
May all nations prosper as one!  
May peace reign among all peoples,  
and integrity dwell within  
every heart!  
Then will friends and neighbors, and  
former enemies as well,  
cry out, "Peace be within you!"  
For the good of the universe and  
in gratitude to the Beloved,  
let us serve the Holy One,  
of all nations  
with glad hearts.

Pages 267–268

**Part A of Psalm 132**

Enter into the Silence, into the  
Heart of Truth;  
For herein lies the Great Mystery  
where life is ever unfolding;  
Herein the Divine Plan is made known,  
the Plan all are invited to serve.  
Listen for the Music of the Spheres  
in the resounding Silence of  
the universe.  
May balance and harmony be your aim  
as you are drawn into the  
Heart of Love.

Those who follow the way of Love  
with calm and faith-filled  
intent,  
Know that all is working toward  
healing and wholeness.  
And may the healing power of Love  
lift you from the limitations  
of fear and ignorance  
into the arms of freedom.

...

Pages 267–268

**Part B of Psalm 132**

...

May the peace of the Spirit bless  
you, and  
lead you on life's journey.  
Be not afraid of the Silence, for  
Wisdom's Voice is heard there!

As you follow the Light, you become  
gentle and kind,  
you come to live in the Light  
and see through Love's eyes.  
Children enter the world radiating  
the Spirit—  
learn from them of innocence  
and simplicity;  
learn to co-operate with the  
unseen realms,  
to see beyond the veil.

Wise are those who learn through  
silence;  
learn then to listen well,  
For beyond the silence and stillness  
within,  
you will come to know a profound  
and dazzling Silence—  
Herein lies the Music of the Spheres,  
the harmony of creation.  
Enter into the Sacred Altar within,  
sweet communion.  
Blessings of the Great Silence be  
with you as  
you help to rebuild the heart of  
the world with love!

Pages 270–272

**Part of Psalm 135**

Lift up your hearts, all you  
who choose the path of Life!  
Sing songs of praise to  
the Beloved—  
To the Holy One, who encompasses  
all creation with Love,  
to You, who enter all open  
hearts!  
We raise our voices in praise  
to You;  
we call upon your Holy Name!  
For You call us your friends, and  
invite us to commune with  
You by day and through  
the night.

For great are You, closer than  
our very breath.  
Through You the world evolves—  
in heaven and on earth,  
In the heights and in the  
depths.  
In You and with You do we live  
and have our being,  
You, who send your Spirit to  
dwell in our hearts!

...

Pages 272–274

**Part 1 of Psalm 136**

O sing praises to the Beloved,  
whose Love sustains us;  
Yes, give thanks to the Heart of  
all hearts,  
whose Love sustains us;  
And bow down before the Most High,  
whose Love sustains us!

To You, who spoke and Creation  
was founded,  
Your Love sustains us;  
To You, who spread out the earth  
upon the waters,  
Your Love sustains us;  
To You, who set the planets upon  
their course,  
Your Love sustains us;  
The moon and stars to rule over  
the night,  
Your Love sustains us.

...

Pages 272–274

**Part 2 of Psalm 136**

To You, who call us to repentance  
and rebirth  
Your Love sustains us;  
To You who accompany us as  
we face our fears,  
Your Love sustains us.  
With a strong arm to uphold us,  
Your Love sustains us.  
To You who liberate us to live  
into our birthright,  
Your Love sustains us.  
Who sends the Counselor to lead  
us on paths of peace,  
Your Love sustains us.  
Who comforts us in times of sorrow  
and loneliness,  
Your Love sustains us.  
To You, who give us a hunger  
for prayer,  
Your Love sustains us.  
And a thirst for You,  
Your Love sustains us.  
To You, who are quick to forgive  
and remember not our sins,  
Your Love sustains us.

...

Pages 277–279

**Parts of Psalm 139**

O my Beloved, You have searched me  
and known me!  
You know when I sit down and  
when I rise up;  
You discern my innermost thoughts.  
You find me on the journey and  
guide my steps;  
Even before words rise up in prayer,  
Lo, You have already heard  
my heart call.  
You encompass me with love where'er  
I go  
and your strength is my shield.

...

For you formed my inward being,  
You knit me together in my  
mother's womb.  
I praise You, for You are to be  
reverenced and adored.  
Your mysteries fill me with wonder!  
More than I know myself do You know me;  
my essence was not hidden from You,  
When I was being formed in secret,  
intricately fashioned from the  
elements of the earth.  
Your eyes beheld my unformed substance; ...

...

I yearn to come to You in Love,  
to learn of your mercy and wisdom!

Search me, O my Beloved, and know  
my heart!  
Help me to face the darkness within me;  
enlighten me, that I might radiate  
your Love and Light!

Pages 292–273

**Part of Psalm 147**

Praise the Beloved, Hear of all hearts!  
We are blessed as we sing praises  
to the Beloved;  
For as we give ourselves to love,  
so we receive Love.  
The Beloved abides in our heart,  
in every open heart that  
welcomes Love.

Through Love we are sent to the  
brokenhearted,  
a mutual balm to the soul.  
We seek out the downtrodden,  
those without shelter or food,  
recognizing our own poverty  
with them.

Those in prison also await willing  
hearts to visit them,  
that forgiveness might free  
all from bondage.

...