

## **Psalm 103**

- To begin this hour we will prayerfully listen to and reflect on Psalm 103, a psalm of mercy.
- Let's remind ourselves that we are in the presence of our Eucharistic Lord and prepare ourselves to hear his word.
- Come Holy Spirit, help us open our hearts and minds to the scriptures that you have inspired. Your word is alive and active and can speak to us today. Help us to leave behind our own expectations and pay attention to what you are doing in us through these words.

(Slowly read the scripture passage.)

## Psalm 103

Bless the Lord, O my soul;  
and all that is within me, bless his holy name!  
Bless the Lord, O my soul,  
and forget not all his benefits,  
who forgives all your iniquity,  
who heals all your diseases,  
who redeems your life from the Pit,  
who crowns you with mercy and compassion,  
who satisfies you with good as long as you live  
so that your youth is renewed like the eagle's.

The Lord works vindication  
and justice for all who are oppressed.  
He made known his ways to Moses,  
his acts to the people of Israel.  
The Lord is merciful and gracious,  
slow to anger and abounding in mercy.  
He will not always chide,  
nor will he keep his anger for ever.  
He does not deal with us according to our sins,  
nor repay us according to our iniquities.  
For as the heavens are high above the earth,  
so great is his mercy toward those who fear him;  
as far as the east is from the west,  
so far does he remove our transgressions from us.

As a father pities his children,  
so the Lord pities those who fear him.

For he knows our frame;  
he remembers that we are dust.

As for man, his days are like grass;  
he flourishes like a flower of the field;  
for the wind passes over it, and it is gone,  
and its place knows it no more.

But the mercy of the Lord is from everlasting to everlasting  
upon those who fear him,  
and his righteousness to children's children,  
to those who keep his covenant  
and remember to do his commandments.

The Lord has established his throne in the heavens,  
and his kingdom rules over all.

Bless the Lord, O you his angels,  
you mighty ones who do his word,  
hearkening to the voice of his word!

Bless the Lord, all his hosts,  
his ministers that do his will!

Bless the Lord, all his works,  
in all places of dominion.

Bless the Lord, O my soul!

- Was there a word, phrase, or image that seemed to stir something in you? Spend some time repeating the phrase or sitting with the image. Trust that God is working. Make yourself available to his work in you.
- Lord, what do you want me to know?
- How do you want me to respond?
- How do you want me to apply this to my daily life?
- Spend some time in silent listening and adoration of God. At this stage, the Lord may further reveal himself to you in the gift of peace or joy. If so, allow yourself to rest with God in that feeling