

**First Reading:** Listen with the ears of your heart and allow these words to wash over you.

**Second Reading:** Watch now for a word or phrase that is holding your attention.

**After 2nd Reading:** Now allow that word or phrase to rest below the surface.

**After Third Reading:** What is the “song” within you that shines forth? Go below the surface...below your thinking. When you are living from your truest self how is that song touching someone in your life?

**(Adapted from Psalms for Praying/Nan C. Merrill)**

**Psalm 40**

I waited patiently for my Beloved, who heard my cry and came to me.  
Love raised me from the pits of despair....the confusion, the fear.  
And set my feet upon a rock...making my steps secure.

There is a new song in my heart, a song of praise to my Beloved.

O' Source of all Life, how wondrous are your gifts.

Universal Love is beyond my imagination.

I praise you for you opened me to the truth; suddenly my eyes could see it and I knew you don't care about rituals or mummeries of religion.

I aspire to reveal your steadfast love and truth through the witness of my life. Please do not withhold your Mercy from me, let your Love, your Light, and faithfulness ever guide and uphold me.

For fears so often overwhelm me;

My desires and anger cause me to be blind; so I look away when I see injustice and my heart becomes cold.

In your mercy, my Beloved, deliver me from my thought created reality and make haste to help me!

Let my fears be put to rest, the fears that separate me from You.

O' Holy One, let all that keeps me from love, from peace and gratitude, be transformed within me. May it be so, may it be now.