

# Hear My Cry

Psalm 27:7-9

Hear, O Lord, when I cry aloud,  
be gracious to me and answer me!  
Come," my heart says, "seek his face!"  
Your face, Lord, do I seek.  
Do not hide your face from me.

Read and reflect on these verses.

What is your 'cry' to God at this time?

What grace do you seek?

Is God's face easily glimpsed, or hidden from you at this time?

What are the answers for which you hope?

Take a few minutes to make your own prayer of seeking.

Allow the prayer to speak hope to you.

Equipment: Magnetic poetry - <https://magneticpoetry.com/>

# I will make melody to God

Psalm 27:4-6

One thing I asked of the Lord,  
that will I seek after:  
to live in the house of the Lord  
all the days of my life,  
to behold the beauty of the Lord,  
and to inquire in his temple.

Now my head is lifted up  
above my enemies all around me,  
and I will offer in his tent  
sacrifices with shouts of joy;  
I will sing and make melody to the Lord.

The psalmist seeks the presence of God -  
beauty and goodness in a place of safety and peace

In such a place, the heart offers praise with gladness

Imagine yourself in such a place  
where God's nearness is felt deeply  
where God's goodness is vivid  
where God's song is in your heart

Let music be your experience of grace  
Let melody be your expression of thanks  
Allow yourself the freedom  
to offer the song of your heart to God.

You are invited to listen to some music or make some music and  
offer your thanks to God.

Let the music become the prayer of your heart.

Equipment:

Headphones and iPod with music: "Undan hulu" by Olafur Arnalds  
from the album "...and they have escaped the weight of darkness"

"Bloom" iOS phone app by Brian Eno

ROLI Light Block

<https://roli.com/products/blocks/lightpad-block-studio-edition>

# Under siege

Psalm 27:1-3

YHWH, you are my light, my salvation  
— whom will I fear?

You are the fortress of my life  
— of whom will I be afraid?

When my enemies attack me,  
spreading vicious lies about me  
wherever they go,  
they, my adversaries and foes,  
will stumble and fall.

Though an army mounts a siege against me,  
my heart will not fear;  
though war break out against me,  
I'll still be confident.

*Priests for Equality. The Inclusive Bible. Sheed & Ward.*

When do you feel under siege?

What are the fears that you face?

At times we experience opposition from people or institutions.

At other times our fear is related to our own sense of inadequacy in the face of stressful challenges.

How do you experience the presence of God in these times?

Image:

<https://www.bbc.com/news/world-europe-49243745>

# Don't abandon me

Psalm 27:9-10

You've always been right there for me;  
don't turn your back on me now.  
Don't throw me out, don't abandon me;  
you've always kept the door open.  
My father and mother walked out and left me,  
but God took me in.

Have there been times when you've felt alone,  
abandoned by people or institutions that loved you  
or that you have loved?

How have you experienced God's reassurances of ongoing care?



# Lead me on a level path

Psalm 27:11

Teach me your way, O Lord,  
and lead me on a level path  
because of my enemies

In the Middle Ages in the Netherlands there was a movement called 'the modern devotion' which imagined growing deeper and closer to God as a ladder to be climbed.

While some may recognise and be able to identify with this imagery, others may see their journey with God more as a meandering road to travel, or recognise themselves more in the process of a plant guided by a trellis, while others.....

I wonder what your experience of growing in faith has been and what images come to mind when you reflect on your journey?

You are invited to reflect on the three images offered here.

You may want to read more about the image of the ladder and 'the modern devotion' movement.

You may want to ponder the three images offered here and come up with your own.

You may want to take some time to explore what image about God's guidance comes to you and how you imagine this guidance has taken shape in your life.....

Ladders:

<https://www.artway.eu/artway.php?id=1036&action=show&lang=en>

Forest Path photo: <https://www.pexels.com/photo/pathway-in-between-trees-at-daytime-1112186/>

# He will hide me in his shelter

Psalm 27:5

For he will hide me in his shelter  
in the day of trouble;  
he will conceal me under the cover of his tent;  
he will set me high on a rock.

Shelter can mean different things for different people.

The psalm uses the images of the cover of a tent or being lifted to safety on a high rock.

What does shelter or feeling sheltered and safe mean to you?

What imagery comes to mind when you reflect on it?

Is it a place, or a person?

What does shelter or safety look like for you?

And in what way, if at all, can it be connected to your experience of God?

Equipment: Tent, blankets, teddy bear

The Lord is my light  
and my salvation  
Whom shall I fear?

Psalm 27:1

The Lord is my light  
and my salvation  
Whom shall I fear?

Psalm 27:1

Equipment: Candle, candlestick, iPod and speaker with music from the album "Lux" by Brian Eno