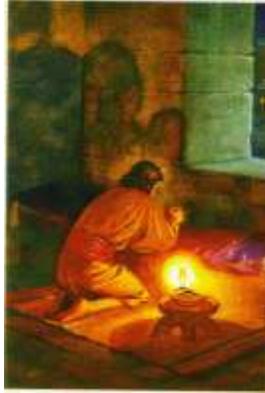


Meditation on Psalms 1-30

By Bev Kilts

Sandwiched approximately in the middle of your bible is a textbook, a hymnal, a book of prayer called The Psalms of David. Attributed mainly to King David, here we find recorded deep devotion, intense feelings of exaltation next to deep darkness of the soul and through the ages they have held a special place in the hearts of believers. How many times have people turned to the Psalms and there found mirrored their own feelings whether joy or sorrow. We find the words. There is a phrase “pray the Psalms”. We don’t always know the “right” words, the “right” posture. We don’t always know how to pray. **Words escape us is times of deep emotion.**



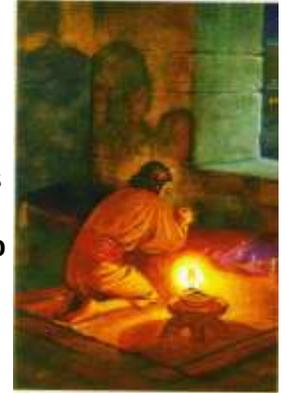
In Psalm 22 we find King David asking an agonizing question, “Why?”. Here is honesty pure and simple. David isn’t pretending that all is peachy; he doesn’t understand why his world is coming down around him. But, notice, he doesn’t dwell on the “why”. Verse after verse follows, **acknowledging the power and might of God and also, acknowledging his own frailty (vs. 6). And just an aside thought – God didn’t turn his back on David for questioning – He knew David’s heart.** We know that with our relationships with family and friends, it’s only **when honest feelings are shared that we can really be known, loved and helped at the deepest levels. So it is with our relationship with our Heavenly Father. Throughout the Psalms the authors honestly pour out their feelings. They confess their sins, express their doubts; they praise and worship.** It’s probably this honesty that brings the Psalms to life for us. **We hear them singing in praise, crying in despair and it becomes real. It speaks of an intimate relationship with God that is actually attainable. Praise God!**

And because David intimately knew the Shepard of Psalm 22, he could write with deep conviction Psalm 23. May Psalm 23 never become just a collection of words thoughtlessly repeated. It is at this point I become still and want of take in all the beauty of these verses. He is my Shepard (I am His sheep); in Him I find rest (vs. 2&3), In Him I find hope (vs. 6) “Your goodness and mercy shall be with me all the days of my life, and afterwards I will life with you forever in your home.”

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