Reflection for Tuesday 19th May.


1. Give thanks and call upon the’ name of the’ Lord:
   make known to the’ nations · what’ God has’ done.
2. Sing to God, O’ sing God’s’ praise:
   tell of all the wonderful’ deeds · of the’ Most’ High.
3. Exult in God’s’ holy’ name:
   let the heart of those who’ seek the’ Lord rejoice.
4. Turn for help to the’ Lord your’ strength:
   and’ constantly’ seek God’s’ presence.
5. Remember the marvellous things the Most’ High has’ done:
   the wonders, and the’ judgments · God has · given,
6. O children of Abraham the’ servant · of’ God:
   O offspring of Jacob the’ chosen · of the’ Lord.
7. You are the’ Lord our’ God:
   and your judgments · are in · all the · earth
8. You are mindful of your’ covenant · always:
   and of the promise you made ·
   to a · thousand · generations,
9. the covenant that you’ made with’ Abraham: (Sarah and Hagar)
   and the’ oath · that you’ gave to’ Isaac, (and Rebecca)
10. which you confirmed to’ Jacob (Leah and Rachael, Bilhah and Zipah) as ·
   binding:
   as your everlasting · covenant · with · Israel,
11. saying, ‘To you I will give the’ land of’ Canaan:
   as · your appointed · inheritance.’
12. They were as yet’ few in’ number:
   and · aliens · in that · land,
13. wandering from’ country · to · country:
   and from one · kingdom · to another.
14. But you let · no one · oppress them:
   and rebuked · even · kings for · their · sake,
15. saying, ‘Do not touch my anointed · servants:
   and · do my · prophets · no · harm.’

This is another psalm of praise to God for God’s deliverance and care for God’s people. We’re often exhorted to stay in the present, to find God in the ‘now’ but the psalms teach us to also look back to God’s faithfulness in the past to reveal and support God’s presence in our daily lives.
The first six verse of the psalm are an exhortation to praise and function as an "introduction." The remainder is an account of God's mercies to Israel as a (patriarchal) nation, traced historically from the time of the covenant with Abraham to the occupation of the land of Canaan.

My mother brought us up with an attitude of gratitude. Grace, or a prayer of thanksgiving for God’s daily provision, was said before each meal. The heart of prayer was thanksgiving and petition a secondary consideration. As an adult, I can remember my mother commenting one day as I bemoaned some life situation I didn’t like, that I needed to stop and see what a blessed life I’d lived. She was right, I’ve lived a very rich and blessed life. but sometimes in the particulars and difficulties of everyday life, we can lose sight of the overall view of God’s goodness; that thread of gold that runs through even the most difficult of times. This psalm reminds us that praising God draws past, present and even the future into God’s story of steadfast love. Amen

Prayer.
We praise you God of steadfast love, 
for when we ask, you give; 
when we seek, you show the way; 
when we knock, you answer. 
Praise to you for your unfailing love. 
Help us to remember your goodness and give thanks. Amen

https://youtu.be/fUJJeCy4CI