

Dear Friend

Today we have quite a choice of psalms for Morning Prayer. All but one did not seem positive and I will not send you a depressive meditation at this time – we need all the encouragement we can find just now!

I've chosen to concentrate on one of the optional psalms – the last in the Book. In the 'Reflections on the Psalms' from Church House Publishing, John Pritchard reflects on this psalm and says:

"Psalm 150 calls all creation, everything that breathes, to praise the Lord. We are to praise God in God's sanctuary, in the natural world for what God does and has done, indeed for just being great! And we are to praise God with everything we've got, symbolized here in the orchestra of instruments available that that time. And even if praising God seems at first to be a somewhat forced activity, focusing on the beauty and splendor of God becomes a wonderful antidote to the self-absorption and narcissism of our culture. Being captivated by God is infinitely better than being captivated by our own Facebook image."

For those of us in choirs, the setting by C V Stanford is just one of the very best big sings! Do search for it in YouTube. It will lift your spirit.

It's a wonderful psalm to finish this book of songs and prayers. So as the sun shines in our part of this beautiful world, we can use these words to praise the Lord – Alleluia!

Let us pray

God of life and love,
whose Son was victorious over sin and death,
make us alive with his life,
that the whole world may resound with your praise;
through Jesus Christ our Lord. Amen

Regards Alison Radford