

Walk 20th September

**May these words of my mouth and this meditation of my heart
be pleasing in your sight, LORD, my Rock and my Redeemer.**

Find yourself a wide-open space to sit and think.

Read Psalm 113

Praise the LORD!
Praise, O servants of the LORD;
praise the name of the LORD.
Blessed be the name of the LORD
from this time on and forevermore.
From the rising of the sun to its setting
the name of the LORD is to be praised.
The LORD is high above all nations,
and his glory above the heavens.
Who is like the LORD our God,
who is seated on high,
who looks far down
on the heavens and the earth?
He raises the poor from the dust,
and lifts the needy from the ash heap,
to make them sit with princes,
with the princes of his people.
He gives the barren woman a home,
making her the joyous mother of children.
Praise the LORD!

- What does '*praise*' mean to you?
- Why should we '*praise*' God?
- How do you interpret '*the name of the Lord is to be praised*'?

This psalm can be considered a classic hymn of praise. It begins with an opening call to praise, the reason to praise and a closing call to praise. In the very act of praising God, we become God's people. By using the name of the Lord, we are connecting on a personal level, praise is not generic or unconnected. The gift of God's name offers us both an object and a promise that we shall be heard. The psalm describes God's self-emptying, gracious intrusion into the life of creation. God is not distant, for God sees all who are in need of being lifted up and stoops down to lift them up. God empties God's self of the quality that distinguishes God as holy, of being enthroned on high and God shares it with the those who are deprived. Praise the Lord!

- Where is God stooping down from on high in your life and those who are around you?

Take a handful of dust or sand and consider what it is to be raised up. Spend some time praising the Lord.

Activity

Consider Psalm 113 and the words that inspire you within it.

Take some time to embody the words for yourself or write your own psalm that praises God. Try using different mediums to express the way that God stoops down to us.

