



# Praying the Psalms

A prayer based on Psalm 65

*By Sheila Lutz*

Today I praise You for the everyday blessings. You created them all: the air I breathe, the ground I walk on, and the water that cleanses and terrifies and soothes and refreshes more than any concoction made with it.

Outside, You awaken my senses — touch and smell and sight — as I look at the beauty of each flower; and, then there is the color — what an enveloping blessing color is! Your world can gleam with a rainbow of colors in the sunlight or amaze me with all the blue and grey shades that accentuate Your rain-soaked world — a rain which can start with the roar of thunder but end in mesmerizing whispers.

Your seasons bless: Winter with its snow and crisp air; Spring with its bursting beauty and fresh scent; Summer which warms the bones and grows our crops; Autumn that crackles and gives hints of days past and days to come. Indeed, You are due all praise for the blessings You bestow!

Your blessings are endless! I can walk in shoes to keep my feet dry and warm or take them off to relish the soft grass, the shifting sands, or the squishy mud under my feet and between my toes. You make each one of us with the same

My God from Whom all blessings flow, I am blessed! You grant me salvation, strengthen me with Your Word, and choose to walk daily with me because You chose to live with me, Your child. You created the mountains, and You created me. I am in awe of Your splendor and majesty.

features on our faces but individually blessed us so we can recognize one another. You give muscle memory to play or dance or type or recite. You intricately made bodies think and bend and move and digest and receive — receive all Your blessings.

My taste buds make me prefer peaches while You gave my friend ones for strawberries. The voices I hear in Your people can be melodic, soothing, cacophonous, alarming, or just even-keeled. You're smiling, aren't You, God? You created different foods for us to eat and growing seasons and geography for each one. You give us joy and laughter, and You bless us with Your presence

when trials, betrayal, or hurt comes.

Disappointment, sickness, and brokenness come with blessings too. We learn to endure, to push through, and that we can only do these things with Your presence in our lives.

The softness of Your mighty hand is in the showers of blessings You send to make us grow. You crown each of us with Your bounty. Your blessings clothe us in sheer joy. I will shout and sing and make music to You, O Lord, my God! Amen. *Q*