

Friday 16 August

Today is Friday, the 16 August, in the Nineteenth Week of Ordinary Time.

The monks of Glenstal Abbey sing Cantate Domino, a psalm of praise: ?Sing to the Lord, alleluia. Sing to the Lord, bless his name, tell of his salvation from day to day, alleluia. Sing to the Lord a new song; sing to the Lord, all the earth.?

Today?s reading is from Psalm 135 of the Grail version, and can be found as Psalm 136 in other versions of the Bible.

The psalm reminds us of who is really in charge of our world and our history as it unfolds. God?s love never wavers. How does this make you feel?

It?s possible to live life as if we believed we were ultimately in charge. Human history teaches us to beware of thinking we are in control. Today?s reading is full of trust in God?s providence and abiding love. Are there signs of that trust in your life or would you rather rely on your own strength?

As you hear the reading once more, ask, who is really in charge in my life? Whom do I rely on when I feel vulnerable? Where do I take refuge when I feel unsafe? How do I trace the dynamics of power at work in my life?

The psalm refrain is repeated like a drum beat, ?for his steadfast love endures for ever?. What do you find myself wanting to say to God as you hear those words? Is God inviting you to ask for a special grace?