

Monday 18 May

Today is Monday the 18 May, in the 6th week of Easter

The monks of the Abbey of Keur Moussa sing Yalla dina la feccal: Words from the prophet Zephanaiah. 'God will dance for you with songs of joy..... God rejoices in you; he will renew you in his love. He will dance for you with songs of joy'. As you listen, become aware of the presence in your life -- the presence here and now -- of that God who rejoices and delights in you, and is gazing on you now in love.

Today's reading is from Psalm 149.

Praise the Lord! Sing to the Lord a new song, his praise in the assembly of the faithful.

Let Israel be glad in its Maker; let the children of Zion rejoice in their King.

Let them praise his name with dancing, making melody to him with tambourine and lyre.

For the Lord takes pleasure in his people; he adorns the humble with victory.

Let the faithful exult in glory; let them sing for joy on their couches.

Let the high praises of God be in their throats and two-edged swords in their hands,

to execute vengeance on the nations and punishment on the peoples,

to bind their kings with fetters and their nobles with chains of iron,

to execute on them the judgment decreed. This is glory for all his faithful ones.

Praise the Lord!

Here's a psalm all about pleasure. People are dancing in the streets, banging tambourines and generally letting rip. God seems to be having a good time too, taking pleasure in us. How does that picture of God sit with you?

The prophet Isaiah says that God gives us the name 'My Delight in Her' (or him). How does it feel to imagine a God who delights in you? Is there anything that makes you hesitate to believe that God is delighted and pleased with you?

Listen again to the reading and see what stays with you.

What do you want to say now to the God who delights in you and sets you free? What would it take to get you dancing with joy?

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, world without end. Amen.