

“The Lord is my light and my salvation; whom shall I fear? the Lord is the strength of my life; of whom shall I be afraid?” Psalms 27:1 KJV

lectio // Psalm 27

I had forgotten all about this Psalm, until I remembered that I often spent hours reading and memorizing verses like these when I was a young believer. In fact, this was also a song back in the 70's and I sang it when I was super overwhelmed with fear, especially at night. Thoughts and lucid dreams would keep me awake sometimes, and I would get myself all wound-n-bound up in fear. A friend of mine, Larry Merrell shared a dream he had one night while traveling alone and staying in a hotel room. I won't repeat the dream here, but it was so real to him and it became a very physical struggle for him. I never forgot it and my mind would wander into that memory of his story and FREAK me out. This Psalm, this song was sung in the dark of night, early in the morning when creepy things take place. And this wasn't the only time or the only Psalm I quoted or sang. I spent a lot of time in Psalms letting God comfort or correct my thoughts - consoling my fears and curbing my attitude. Having little to no dad-influence left me feeling very out-of-sync with what I thought was normal. I had so many fears, questions and I knew so little about life. These Psalms became a nightlight and a roadmap for my soul.

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Dad,

All along you have been guiding and comforting me with your words - and they are LIFE to me. I am so grateful for your word, your care and even your correction. This Psalm brings back so many memories in my past of being sad, frustrated, angry or afraid and running to these moments that transcended my pain, fear and troubles. I have come so far by your grace, I pray you continue to allow me to walk with you now as I get older. May your word always be a lamp unto my feet and a light unto my path.

contemplatio

rest in the presence of God, allowing the words revealed to take root