

Daily Reflections



Center for Spiritual Development

BLESS THE LORD, O MY SOUL

By Sr. Christine Hilliard, CSJ

Today's Responsorial Psalm

*Bless the LORD, O my soul; and all my being, bless his holy name.
Bless the LORD, O my soul, and forget not all his benefits (gifts).*

*He pardons all your iniquities, he heals all your ills.
He redeems your life from destruction, he crowns you with kindness and
compassion.*

*Merciful and gracious is the LORD, slow to anger and abounding in kindness.
He will not always chide, nor does he keep his wrath forever.*

*For as the heavens are high above the earth,
so surpassing is his kindness toward those who fear him.*

*As far as the east is from the west, so far has he put our transgressions from
us.*

As a father has compassion on his children,

so the LORD has compassion on those who fear him.

*For he knows how we were formed;
he remembers that we are dust.*

PSALM 103:1-4, 8-9, 11-14

Reflection

This is a psalm of thanksgiving praising the LORD for generosity to the psalmist, as well as to the psalmist's faith community. The Hebrew word in the first verses translated "soul" is the "life force" that sustains the entire individual. So the call to bless is given to the most lively part of the person. Many reasons to praise God are given. The most significant are because of the experiences of divine love and compassion. These gifts are probably the reason and source of all other blessings listed.

It is noteworthy that at prayer, sometimes we tend to place limits on God's gift giving. We feel that God ought to act proportionately and divine generosity must be restrained. With these thoughts, we fashion a God in our own image and likeness, unwilling to give God the freedom to be God.

Yet Psalm 103 is a reminder that our God is a God of surprises who will not allow for any human effort to limit God's generous spirit. We are urged to see God's generosity to us as individuals and within the context of community.

The emphasis in this psalm is mercy, but the justice of YHWH is not absent. Verses 11 and 13 tie God's mercy to "those who fear him," those trusting and obeying God. We have our part in this relationship of covenant compassion. As we consent to live together in covenant faithfulness, we enjoy a relationship born of divine loyal love.



Woman's Hands Shaping in Clay
Photo by ArtHouse Studio

For Pondering

- Which phrase in this psalm describes your experience of God?
- Copy down that phrase and carry it with you today, referring to it periodically.
- Say it out loud before you go to bed tonight. Give thanks for God's generosity to you and to your faith community throughout the day. Be specific.

For Prayer

*Dear God,
let me feel close to you.
Grant me satisfaction with my life, your generous gift to me.
Let me rejoice in that closeness,
and let me turn that satisfaction
into a sense of self-worth –
not one based in*

*arrogance
or in feelings of self-importance,
but a humble self-esteem
rooted in holiness and your compassion.*

REBBE NACHMAN OF BRESLOV [ADAPTED]

**If you enjoy reading our reflections and would like to make
a donation towards this ministry, click the button below!**

Support CSD



Visit Website

714-744-3172

Join Mailing
List



To “Unsubscribe” from the daily reflections while remaining on our general mailing list, please [email us](#). The unsubscribe function below will unsubscribe you from all emails from CSD. Please know we will never share your information.

Center for Spiritual Development | 434 A South Batavia Street | Orange, CA 92868 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)