

A CMF MINI RETREAT INTO THE PSALMS

Psalms 1 (NIV)

Blessed is the one
who does not walk in step with the wicked
or stand in the way that sinners take
or sit in the company of mockers,
but whose delight is in the law of the Lord,
and who meditates on his law day and night.
That person is like a tree planted by streams of water,
which yields its fruit in season
and whose leaf does not wither—
whatever they do prospers.
Not so the wicked!
They are like chaff
that the wind blows away.
Therefore the wicked will not stand in the judgment,
nor sinners in the assembly of the righteous.
For the Lord watches over the way of the righteous,
but the way of the wicked leads to destruction.



The Psalms are words of the people of God to God. They are as applicable to us now as when they were first written. They can often give us words when we cannot find the words ourselves. They speak into our joys and into our sorrows. They speak of the majesty, agency and love of God. The Psalms seem particularly relevant at this unprecedented time of disorientation as we journey through complex global trauma. The Psalms take us on a journey that is similar to the Holy Week narrative which moves from the orientation of Palm Sunday, through the disorientation of Good Friday and liminality of Holy Saturday, to the reorientation of Easter Sunday.

In this mini retreat at the CMF conference you will be encouraged to creatively explore and pray this journey through the Psalms using word, image, art and music. We will pray particularly with Psalm 23 as a psalm of orientation; with Psalm 126 as a psalm of disorientation and with Psalm 8 as a psalm of re-orientation.

Where? In the chapel
When? From 2.30 -4.00pm on Saturday

AN APPROACH TO MEDITATING ON THE PSALMS

- Read the Psalm you have chosen a number of times, slowly.
- What do you notice about it?
- What words and phrases draw your attention?
- What title might you give it?
- What does this Psalm say to you about yourself, about God and about others?
- Where do you place yourself in this Psalm?
- How can this Psalm help you trust God?
- How might you pray this Psalm for yourself or for others?
- What is God saying to you through this Psalm?
- How do you want to respond?

CREATIVE PSALMS

- You might like to listen to David Suchet read it. His reading of all the Psalms can be found on YouTube.
- You might like to write your own version or paraphrase of this Psalm.
- You might like to listen to a sung version of the Psalm. This YouTube play list has all the Psalms in order, with some very different music styles <https://bit.ly/3I4Y7CP>
- You might like to Scripture Scribble a verse from the Psalm. A guide to this can be found at <https://youtu.be/a6e52VzoDmo>.
- You might like to Journal the Psalm. A link to a guide as to how to do this can be found at <https://youtu.be/D5X9bceZ9JY>.
- You might like to create a Psalm Stone to help you remember how God has spoken to you through the Psalm. A link to a guide as to how to do this can be found at <https://youtu.be/ps8VVddHfxM>.