

Psalm 69 Guided Meditation



Read Psalm 69:1-3:

Save me, O God,
for the waters have come up to my neck.
I sink in the miry depths,
where there is no foothold.
I have come into the deep waters;
the floods engulf me.
I am worn out calling for help;
my throat is parched.
My eyes fail,
looking for my God (NIV).

- *Explain the first silence:* Recall an image from the recent natural disasters. Bring to mind a person or place to focus your prayer.
- *Allow 30 to 60 seconds of silence and then invite congregants to name the person or place on their minds.*

Read Psalm 69:13-15:

But I pray to you, Lord,
in the time of your favor;
in your great love, O God,
answer me with your sure salvation.
Rescue me from the mire,
do not let me sink;
deliver me from those who hate me,
from the deep waters.
Do not let the floodwaters engulf me
or the depths swallow me up
or the pit close its mouth over me (NIV).

- *Explain the second silence:* Imagine yourself helping the persons or being in the place you named earlier.
- *Allow 30 to 60 seconds of silence and then invite congregants to name how they would help.*

Read Psalm 69:24-27:

Pour out your wrath on them;
let your fierce anger overtake them.
May their place be deserted;
let there be no one to dwell in their tents.
For they persecute those you wound
and talk about the pain of those you hurt.
Charge them with crime upon crime;
do not let them share in your salvation (NIV).

- *Explain the third silence:* All of us are frustrated. Many of us are angry. Bring to mind images of what you feel angry about.
- *Allow 30 to 60 seconds of silence and then invite congregants to name the image of their anger.*

Read Psalm 69:34-36:

Let heaven and earth praise him,
the seas and all that move in them,
for God will save Zion
and rebuild the cities of Judah.
Then people will settle there and possess it;
the children of his servants will inherit it,
and those who love his name will dwell there (NIV).

- *Explain the fourth silence:* Bring to mind images of hope and images of those who are helping.
- *Allow 30 to 60 seconds of silence and then invite congregants to name the images of hope.*
- *Close with:* Loving God, heal our hearts. Motivate our efforts. Remind us of hope and embolden those who are working to make a difference. We ask in the name of the Healer, Jesus, our Lord. Amen.

Adapted from "Race and Poverty: Five-Session Study" and developed from the Bible's New International Version by American Baptist Home Mission Societies in response to hurricanes Rita and Katrina.



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