



**& IN HEALTH
& IN HEALING**

IN HEALTH & IN HEALING

Part III of *Best of the Psalter*

by Stephen Joseph Wolf

has roots in a summer chaplaincy internship at Emory Hospital (the '96 Olympics), often offering short readings from the Psalter, and watching faithful Methodists, Baptists, Jews and others taking in the sacred word with a reverence that resembles a Catholic receiving holy communion.

These passages gave great consolation then, and I still call on them in pastoral care. On the occasional day of depression, this is my breviary.

The primary character of this meditation rendering is from the grace of eighteen years of praying with the Psalter.

May the Lord grant more of this grace.

Any errors in this rendering are entirely my own. Let us be grateful for all those who do the real work of translating sacred scripture.

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Rev. Steve Wolf's other works are available at St. Mary's Bookstore in Nashville, Tennessee, on amazon.com, and at other fine bookstores.

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SUNDAY MORNING

BEGINNING + Abba, thank you...
 Lord Jesus, bless us with mercy...
 Holy Spirit, help...

PSALM 100

Antiphon: May my song before the Lord
 be one of joy.

Shout for joy to Adonai, all the earth!
Serve Adonai with gladness!
Come into the presence with joyful song.
Know that Adonai is God, who made us,
whose people we are,
in whose pasture we are the sheep.

IN HEALTH & IN HEALING

Enter the gates with thanksgiving,
go into the courts with praise!
Give thanks and give praise to the name!
Good is Adonai, and loving to forever,
and faithful through generation
and generations.

READING

MARK 16:5-6

And entering into the tomb they saw a young man sitting on the right, clothed in a white robe, and they were greatly astonished. But he said to them, "Be not greatly astonished; you seek Jesus the Nazarene, who was crucified. He has been raised; he is not here; behold the place where they put him."

RESPONSORY

All of creation proclaims
the greatness of your glory.

OUR FATHER

Our Father,
who art in heaven,
hallowed be thy name.
Thy kingdom come,
thy will be done
on earth as it is in heaven.
Give us this day our daily bread
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil.
Amen.

+

SUNDAY EVENING

BEGINNING + Abba, thank you...
 Lord Jesus, bless us with mercy...
 Holy Spirit, help...

PSALM 23

Antiphon: The Lord has brought me
 to pastures alive and green.

Adonai is my shepherd; nothing shall I lack.
My Lord lays me down in green pastures
and leads me beside quiet waters,
restoring my soul and guiding me
in paths of justice
for the Lord's own namesake.

IN HEALTH & IN HEALING

So when I walk in the deep dark valley
I will not fear for you are with me;
your rod and staff a comfort to me.
A table you prepare before me,
and before those who would be my enemy.
My head you anoint with oil
and my cup is overflowing.
Surely goodness and love will follow me
all the days of my life
and I will dwell in the Lord's own house
for length of days.

READING

1 CORINTHIANS 15:3-8

For I handed on to you among the first things what I also received, that Christ died on behalf of our sins, according to the scriptures, and that he was buried, and that he was raised on the third day,

according to the scriptures, and that he showed himself to Cephas, then to the twelve. Afterward he showed himself to over five hundred brothers and sisters at one time, of whom the majority remain until now, though some have fallen asleep. Afterward he showed himself to James, then to all the apostles, and last of all, even as if to one aborted, he showed himself also to me.

RESPONSORY

Lord Jesus Christ, Son of the living God,
have mercy on us.

OUR FATHER

+

MONDAY MORNING

BEGINNING + Abba, thank you...
 Lord Jesus, bless us with mercy...
 Holy Spirit, help...

PSALM 43

Antiphon: Let anyone who is thirsty
 come to me and drink.

God, vindicate me;
plead my cause against a nation not godly;
rescue me from humans doing deceit.
God, my stronghold, why am I rejected?
Why must I go about mourning,
oppressed by one who would be an enemy?

IN HEALTH & IN HEALING

Send forth your light and your truth;
let them guide me to your dwellings
and bring me to your holy mountain.
Then I will go to the altar of God,
to El, my joy and delight,
and I will praise you with harp,
God, my God.

Why are you downcast, my soul?
Why are you disturbed within me?
Put hope in God, whom I will yet praise,
the saving help of my face, my God.

As Jesus came down from the mountain, great crowds followed him. And behold a leper approached and worshipped him saying, "Lord, if you are willing you are able to cleanse me." And stretching out his hand he touched him saying, "I am willing; be cleansed." And immediately the leprosy was cleansed from him.

RESPONSORY

All of creation proclaims
the greatness of your glory.

OUR FATHER

+

MONDAY EVENING

BEGINNING + Abba, thank you...
 Lord Jesus, bless us with mercy...
 Holy Spirit, help...

PSALM 121

Antiphon: My help is from the Lord
 watching over me;
 the Maker of heaven and earth
 is my guardian.

I lift up my eyes to the hills.
From where does my help come?
My help is from and with Adonai,
Maker of heavens and earth,
who will not let your foot slip
nor slumber when watching over you.

IN HEALTH & IN HEALING

Indeed the one watching over Israel
will not slumber and will not sleep.
Adonai watches over you,
the Most High at your right hand.
By day the sun will not harm you,
nor the moon by the night.
Adonai will keep you from all harm
and watch over your life.
Adonai will watch over
your going and coming
from now and to forevermore.

I will take you out of the nations and I will gather you from all the countries, and I will bring you back into your land. I will sprinkle on you clean waters, and you will be clean from all your impurities, and from all your idols I will cleanse you. I will give to you a new heart and I will put inside you a new spirit, and I will remove from your flesh the heart of stone and I will give to you a heart of flesh.

RESPONSORY

Blessed be the Lord our God,
blessed from age to age.

OUR FATHER

+

TUESDAY MORNING

BEGINNING + Abba, thank you...
 Lord Jesus, bless us with mercy...
 Holy Spirit, help...

PSALM 139:1-10,23-24

Antiphon: How precious to me, Lord,
 are your thoughts.

Adonai, you search me and you know me.
You know my sitting and my rising;
you perceive my thoughts from afar.
You discern my going and my lying down,
and you are familiar with all of my ways.
When a word is not yet on my tongue
you see it, Adonai; you know them all.

IN HEALTH & IN HEALING

Behind and before you hem me in
and you lay your hand upon me.
Too wonderful for me is this knowledge,
more lofty than what I can attain.
Where can I go
that is away from your Spirit?
Where could I flee from your presences?
If I go up to the heavens, you are there;
if I make a bed in Sheol, you I see!
If I rise on the wings of dawn,
if I settle on the far side of the sea,
even there your hand will guide me
and your right hand will hold me...
Search me, El, and know my heart!
Test me, and know my anxious thoughts!
See if there is in me an offensive way,
then lead me in the way everlasting!

Jesus again entered into a synagogue. And there was there a man with a hand that had been withered; and they watched him carefully whether he would heal him on the sabbath, that they might accuse him.

And he said to the man with the dry hand, "Rise into the midst." And he said to them, "Is it lawful to do good on the sabbath or to do evil, to save life or to kill?" But they were silent. And looking round on them with anger, being greatly grieved at the hardness of their heart, he said to the man, "Stretch forth the hand." And he stretched forth, and his hand was restored.

RESPONSORY

My God stands by me;
in God is all my trust.

OUR FATHER

+

TUESDAY EVENING

BEGINNING + Abba, thank you...
 Lord Jesus, bless us with mercy...
 Holy Spirit, help...

PSALM 84:2-10

Antiphon: Blessed are they who dwell in
 your house, my King and my God.

How lovely are your dwellings,
Adonai, Sabaoth!
My soul she yearns and even faints
for the courts of Adonai;
my heart and my flesh cry out for God alive.

IN HEALTH & IN HEALING

Even the sparrow found a home
and the swallow a nest for her
where she may have her young ones
near your altar, Adonai Sabaoth,
my King and my God.

Blessed are the dwellers in your house,
ever they praise you.

Blessed are the ones whose strength is in you,
who make a pilgrimage in their hearts.

Passing through the Baca Valley,
springs are made,
pools covered over with autumn rains.

They go from strength to strength
and appear before God in Zion.

Adonai, God Sabaoth, hear my prayer!

Listen, God of Jacob. God, our shield, look!

Look on the face of your anointed one!

I do not seek your things, what you have,
but you.

RESPONSORY

Through all eternity, Lord,
your promise stands unshaken.

OUR FATHER

+

WEDNESDAY MORNING

BEGINNING + Abba, thank you...
 Lord Jesus, bless us with mercy...
 Holy Spirit, help...

PSALM 19:1-7

Antiphon: The heavens declare the glory of God.

The heavens declare the glory of God;
and the sky proclaims the work of God's hands.
Day after day, speech pouring forth,
and knowledge on display night after night.
There is no speech, there is no language,
and no sound is heard.
Into all the earth their line goes out
and their words to the ends of the world.

IN HEALTH & IN HEALING

There God has pitched a tent for the sun,
and like a bridegroom coming forth,
and like a champion running the course,
rejoices.

READING

ROMANS 8:22-27

We know that all creation groans together, in pain as in labor, until now. And not only this, but we ourselves, the firstfruit of the Spirit, groan within ourselves as we eagerly expect our adoption, the redemption of our bodies. For by hope we were saved; but hope that is seen is not hope, for why would anyone hope for what is seen? But if we hope for what we do not see, through patience we eagerly wait. And similarly also the Spirit shares in our weakness. For we do not know how to pray as is fitting, but the Spirit prays

on our behalf with inexpressible groanings.
And the one searching our heart knows what
is the mind of the Spirit, because the Spirit
intercedes on behalf of saints according to
the will of God.

RESPONSORY

Attract my heart to your will, O God;
draw my feet to your way.

OUR FATHER

+

WEDNESDAY EVENING

BEGINNING + Abba, thank you...
 Lord Jesus, bless us with mercy...
 Holy Spirit, help...

PSALM 131

Antiphon: Unless you become as a child
 you will not enter the kingdom.

Adonai, my heart is not proud
and my eyes are not haughty
and I am unconcerned with the great matters,
with things so wonderful as to be beyond me.
But indeed I have become still
and quiet in my soul
like a child with a mother, being weaned.

IN HEALTH & IN HEALING

Like one being weaned is my soul within me.
Israel, put your hope in Adonai
from now and to forevermore.

READING

COLOSSIANS 1:12-20

Give joyful thanks to the Father who made you fit for your part of the lot of the saints in light, who delivered us out of the authority of darkness and transitioned us into the kingdom of his beloved Son, in whom we have redemption, the forgiveness of our sins. The Son is the image of the invisible God, the firstborn of all creation. In him all things were created, in the heavens and on the earth, the visible and the invisible, whether thrones, lordships, rulers or authorities. All things have been created through him and for him. He is before all things, and in him all things hold together. He is the head of the body,

the church, and the beginning, the firstborn from the dead, so that in all things he may hold the first place. In him all the fullness was well pleased to dwell, and through him to reconcile to himself all things, things on earth and things in the heavens, making peace through the blood of his cross.

RESPONSORY

Claim me again, Lord, as your very own
and show me your mercy.

OUR FATHER

+

THURSDAY MORNING

BEGINNING + Abba, thank you...
 Lord Jesus, bless us with mercy...
 Holy Spirit, help...

PSALM 86:1-7,11

Antiphon: Bring joy to me, your servant,
 for to you, Lord, I lift up my soul.

Hear in your ear, Adonai,
answer me for I am poor and needy.
Guard my life for I am devoted;
save your servant, my God,
the one trusting in you.
Have mercy on me, Lord,
for to you I call all the day.

IN HEALTH & IN HEALING

Bring joy to me, your servant,
for to you, Lord, I lift up my soul.
Indeed, Lord, you are kind and forgiving
and abundant in love for all who call to you.
Hear my prayer, Adonai;
listen to the sound of my cries for mercy.
In the day of my trouble I will call to you
for you will answer me...
Teach me, Adonai, your way
and I will walk in your truth.
Make my heart undivided;
that I may fear your name.

As many as are led by the Spirit of God, these are sons and daughters of God. For you did not receive a spirit of slavery, for fear again, but you received a spirit of adoption, by which we cry, "Abba, Father."

That very Spirit gives witness to our spirit that we are children of God. And if children, then also heirs, heirs on one hand of God, joint heirs on the other of Christ, since we suffer with him in order that we may also be glorified with him.

RESPONSORY

From deep in my heart I cry out to you;
Lord, hear me.

OUR FATHER

+

THURSDAY EVENING

BEGINNING + Abba, thank you...
 Lord Jesus, bless us with mercy...
 Holy Spirit, help...

PSALM 91

Antiphon: Have no fear by day or by night;
 rest in the shade of the Almighty.

One who dwells in the shelter of Elyon,
in the shadow of Shaddai, will find rest.
I will say of Adonai, my refuge, my fortress:
in my God do I trust.
Surely the Lord will save you
from fowler snare, from deadly pestilence.

IN HEALTH & IN HEALING

With the feather of the Lord
you will be covered,
and under those wings you will find refuge,
shield and rampart,
the faithfulness of the Lord.
You will have no fear of terror at night
nor of arrows flying by day,
of pestilence stalking in the darkness,
nor of plague that destroys at midday.
A thousand may fall at your side,
and ten thousand at your right hand;
near to you they will not come.
Observe with your eyes, simply watch;
punishment of wicked ones you will see.
Make Adonai, who is my refuge,
make Elyon your dwelling.

Harm will not befall you,
nor will disaster come near your tent.
God's own Angels, the Lord will command
to guard you in all of your ways.
In their hands they will lift you up;
your foot will not strike against the stone.
Upon lion and cobra you will tread,
you will trample the great lion and serpent.
"Because you love me, I will rescue you,
I will protect all who acknowledge my Name.
You will call upon me and I will answer.
I am with you in trouble;
I will deliver you and honor you.
In length of days I will satisfy you,
and show you my salvation."

Jesus came down with them and stood on a level place, and a crowd of many of his disciples, and a multitude of many people from all Judea and Jerusalem and the coast country of Tyre and Sidon, came to hear him and to be cured from their diseases; and those tormented by unclean spirits were healed. And all the crowd sought to touch him, because power went forth from him and cured them all.

RESPONSORY

God has given us food,
bread of finest wheat.

OUR FATHER

+

FRIDAY MORNING

BEGINNING + Abba, thank you...
 Lord Jesus, bless us with mercy...
 Holy Spirit, help...

PSALM 51:6,7,10-17

Antiphon: A heart that is humble
 you will not send away.

My God,
surely you desire truth in our inner parts.
In my inmost place you teach me wisdom.
You cleanse me with hyssop
and I will be clean;
you wash me and I will be whiter than snow...

IN HEALTH & IN HEALING

A pure heart create in me, God!
Renew inside me a spirit to be steadfast.
Do not cast me from your presences,
nor take from me your Holy Spirit.
Restore to me the joy of your salvation
and sustain in me a willing spirit.
I will teach transgressors your ways
and sinners will turn back to you.
Save me from bloodguilt, God,
God of my salvation;
my tongue will sing of your righteousness.
Lord, open my lips
and my mouth will declare praise of you.
Sacrifices give you no delight;
I could bring a burnt offering,
but it would give you no pleasure.
The sacrifices, God, you will not despise
are a broken spirit and a contrite heart.

Questioned by the Pharisees about when the kingdom of God would come, Jesus answered them and said, "The kingdom of God is not coming with observation, nor will they say, 'Behold, here it is,' or, 'There it is, behold,' for the kingdom of God is within you.

RESPONSORY

At break of day be merciful to me;
show me the way you want me to walk.

OUR FATHER

+

FRIDAY EVENING

BEGINNING + Abba, thank you...
 Lord Jesus, bless us with mercy...
 Holy Spirit, help...

PSALM 65:4,9-13

Antiphon: For you, O God, silence and praise.

Blessed are the ones you choose
and bring near to live in your courts.
We are filled with the goodness of your house
and the holiness of your temple...
You care for the land and water her;
with an abundance you enrich her.

IN HEALTH & IN HEALING

God's stream is as you ordain the earth:
filled with waters, providing grain.
You drench its furrows and level its ridges;
you soften her with showers
and bless the crops.
You crown the year with your bounty;
carts overflow with your abundance.
The desert grasslands are overflowing
and the hills are clothed with gladness.
The meadows are covered with the flock,
and valleys are mantled with grain.
They shout for joy; for joy they sing.

READING

JOHN 14:1-7

"Do not let your heart be troubled; believe in God,
believe also in me. In the Father's house there are
many abodes. If not I would have told you,

because I go to prepare a place for you.

And if I go and prepare a place for you,
I will come again and receive you to myself,
that where I am you also may be.

And where I go, you know the way."

Thomas said to him, "Lord, we do not know
where you are going; how do we know the way?"

Jesus said to him, "I am the way and the
truth and the life. No one comes to the Father
except through me. If you have known me,
you have also known my Father.

From now, you know him, and have seen him."

RESPONSORY

Christ gave himself completely for us
and rose in the power of the Spirit.

OUR FATHER

+

IN HEALTH & IN HEALING

FRIDAY EVENING

SATURDAY MORNING

BEGINNING + Abba, thank you...
 Lord Jesus, bless us with mercy...
 Holy Spirit, help...

PSALM 46

Antiphon: The Lord of Hosts is with us.

God is our refuge and strength,
our help in troubles, ever present.
And so we will not fear,
even if earth were to give way,
even if mountains were to fall
 into the heart of the sea,
even if sea waters foam
or mountains quake with that surging.

IN HEALTH & IN HEALING

A river has streams that make glad God's city,
the holy dwelling place of the Most High.

God is inside her and she will not fall.

God will help her at the break of day.

Nations are in uproar, kingdoms fall;
the earth melts at the voice of God.

Adonai Sabaoth is with us;

the God of Jacob is our fortress.

Come and see the works of Adonai,

the desolations brought on the earth:

making wars to cease to the ends of the earth,

breaking the bow and shattering the spear

and burning with fire the chariot and shield.

"Be still!

And know that I am God.

I will be exalted among the nations;

I will be exalted on the earth."

Adonai Sabaoth is with us;

the God of Jacob is our fortress.

I pray that the Father may give to you according to the riches of his glory, by the power of his Spirit, to become strong in your inner humanity, that Christ may dwell in your hearts through faith, being rooted and founded in love, that you may have strength to comprehend with all the saints what is the breadth and length and height and depth, to know the love of Christ that excels knowledge, that you may be filled with the fullness of God. Now to the one who, by the power operating in us, is able to do superabundantly beyond all things we could ask or think, to him be the glory in the church and in Christ Jesus to all generations of the age and of the ages. Amen.

RESPONSORY

You, Lord, are my refuge and strength,
all I desire in the land of the living.

OUR FATHER



SATURDAY EVENING

BEGINNING + Abba, thank you...
 Lord Jesus, bless us with mercy...
 Holy Spirit, help...

PSALM 147:1-11

Antiphon: Let us praise the Lord with joy.

Praise Adonai!

How good it is to sing praise to our God!

How pleasant and fitting to give praise!

Adonai builds up Jerusalem,

gathers Israel's exiles,

heals the ones with broken hearts

and binds up their wounds,

determines the number of the stars,

and calls to each of them by name.

IN HEALTH & IN HEALING

Great and mighty in power is our Lord,
with unlimited understanding.
Adonai sustains the humble
and throws wickedness to the dust.
Sing to Adonai with thanksgiving!
Make music on the harp to our God,
who covers the skies with clouds
and supplies rain to the earth,
making grass to grow on the hills,
providing food for cattle
and young ravens when they call.
Adonai finds pleasure
not in the strength of the horse
nor delight in the legs of the human,
but is delighting in those who fear Adonai.

And as Jesus embarked in the boat, his disciples followed him. And behold, there was a great storm in the sea, so that the boat was swept over by the waves. But he was asleep. And they approached him and woke him up saying, "Lord, save us! We are perishing!" And he said to them, "Why, little-faiths, are you fearful?" Then rising he rebuked the winds and the sea, and there was a great calm. And they marvelled saying, "What sort is this man, that even the winds and the sea obey him?"

RESPONSORY

Our hearts fill up with wonder, Lord,
as we contemplate your works.

OUR FATHER

+

IN HEALTH & IN HEALING

SATURDAY EVENING