

Psalms for praying – Psalm 62

(adapted by Nan C Merrill)

For You alone my soul waits in silence;
from the Beloved comes my salvation.
Enfolding me with strength and steadfast love,
my faith shall remain firm.

Yet how long will fear rule my life,
holding me in its grip like a trembling child,
a dark lonely grave?
Fear keeps me from living fully, from sharing my gifts;
it takes pleasure in imprisoning my soul.
Fear pretends to comfort, so long has it dwelled within me;
truly, it is my enemy.

For You alone my soul waits in silence;
my hope is from the Beloved.
Enfolding me with strength and steadfast love,
My faith shall remain firm.
In the Silence rests my freedom and my guidance;
for You are the Heart of my heart,
You speak to me in the Silence.

Trust in Love at all times, O people
pour out your heart to the Beloved;
let Silence be a refuge for you.
Being of low estate is but a sigh,
being of high estate is misleading.

In the balance, either high or low,
it is of little consequence – they are going in a breath.
Riches, whether obtained by right or through extortion,
rarely lead to nought but greed – set not your heart on them.

Once You have spoken, twice have I heard;
Our potential gifts belong to You;
In You, O beloved, belongs our faithful love.
For You render to us all that we offer to You-
Fear begets fear, love begets love.
For You alone my soul waits in silence;
From the Beloved comes Life,
Love and Light.

