



Friends,

December 30th I talked about something you can do in the new year that might deepen your spiritual connection to God. For those who didn't hear it or would like a reference to it, I offer this tidbit as a possible New Year's Resolution: to read the Psalms in 2019.

"Since moving to Florida, I have begun a discipline I have now practiced for years (though in 10 years, I have stopped for months at a time), but on the whole this has helped me immensely. It takes somewhere between **one and four minutes a day**. I get up in the morning and read a psalm, many times out loud if possible. I do this six days a week. On Sundays, I let the psalms which are a part of our reformed worship be my psalm for the day. With 150 Psalms, I read through the psalms twice each year. It is a great start for those who are not involved in a daily reading. Also, when you slip up and forget and get busy or get behind, it is not too hard to catch up. (You also have a built in 13 "skip" days).

As Father Patrick Henry Reardon, a Greek Orthodox Priest and author of Christ in the Psalms, puts it, "The Psalter has nothing to say to the worldly; it is not for the unconverted, the unrepentant. It is, rather, the prayer book of those who strive for holiness of life and the unceasing praise of God."

Here's one to get you started. You might try it out loud:

Psalm 1

- ¹ Happy are those who do not follow the advice of the wicked, or take the path that sinners tread, or sit in the seat of scoffers;
- ² but their delight is in the law of the Lord, and on his law they meditate day and night.
- ³ They are like trees planted by streams of water, which yield their fruit in its season, and their leaves do not wither. In all that they do, they prosper.
- ⁴ The wicked are not so, but are like chaff that the wind drives away.
- ⁵ Therefore the wicked will not stand in the judgement, nor sinners in the congregation of the righteous;
- ⁶ for the Lord watches over the way of the righteous, but the way of the wicked will perish.

Enjoy the prayer book that God has already given.

Happy New Year!

Ron

This Week's Daily Bible Readings					
<i>Sustained by God's Word and Following Jesus</i>			Wednesday	January 9	Luke 4: 16-30
Sunday	January 6	Matthew 2:1-12	Thursday	January 10	Luke 4:31-44
Monday	January 7	Matthew 2:13-23	Friday	January 11	Luke 5:1-16
Tuesday	January 8	Luke 4:1-15	Saturday	January 12	Luke 5:17-32