

Wednesday 24th March 2021 - Bedroom



Psalm 24

**Who shall ascend to the hill of the Lord? Those with clean hands and a pure heart.
Who is the ruler of glory? God is the ruler of glory.**

- 1 The earth is God's and all that is in it, the world and all who dwell therein.
- 2 For it is God who founded it upon the seas and made it firm upon the rivers of the deep.

**Who shall ascend to the hill of the Lord? Those with clean hands and a pure heart.
Who is the ruler of glory? God is the ruler of glory.**

- 3 "Who can ascend the hill of God? Who can stand in the holy place?"
- 4 Those who have clean hands and a pure heart, who have not pledged themselves to falsehood, nor sworn by what is a fraud.
- 5 They shall receive a blessing from God and a just reward from the God of their salvation:"
- 6 Such is the generation of those who seek him, of those who seek your face, O God of Jacob.

**Who shall ascend to the hill of the Lord? Those with clean hands and a pure heart.
Who is the ruler of glory? God is the ruler of glory.**

- 7 Lift up your heads, O gates! Lift them high, O everlasting doors; and the ruler of glory shall come in.
- 8 "Who is this ruler of glory?" "God, strong and mighty, God, mighty in battle."
- 9 Lift up your heads, O gates; lift them high, O everlasting doors; and the ruler of glory shall come in.
- 10 "Who is this ruler of glory?" "The God of hosts is the ruler of glory"

Who shall ascend to the hill of the Lord? Those with clean hands and a pure heart.

Who is the ruler of glory? God is the ruler of glory.

From The Emergent Psalter by Isaac Everett.



What is the last thing you do before going to your bedroom for sleep at the end of the day? Wash your hands? Clean your teeth? Put on cream? Take off jewellery? Put on nightclothes?

The Psalm today reminds us that all the Earth is God's but also speaks of those who can ascend the hill and face God. Those who have clean hands and pure hearts. As you prepare to ascend the bed to sleep what do you do to ensure you have clean hands and a pure heart?

Do you review the day, say a prayer or try to not go to bed on an argument with anyone inside or outwith your household? Or perhaps you need to put aside that which has happened that day and give it God, God strong and mighty so you can slumber.

What spiritual rituals might you add to your personal ablutions as you prepare to ascend to bed to sleep?

To listen:

Only in Sleep by Ēriks Ešenvalds performed by Trinity College Choir

<https://youtu.be/fvPynMI6Umc>

Psalm 24 "La Terre appartient a l'Eternel" by Lili Boulanger performed by the City of Birmingham Symphony Orchestra and Chorus

<https://open.spotify.com/track/31Ax3vGnaYMxWflksMI5wr?si=T1ZQt-E2STaBz4uvTaXBfg>

Images: Woman at wash-basin (Lekythos, from Athens 470-460 BC, British Museum London); Sleep (Auguste Rodin, c. 1894, Terracotta, Plaster, Wax, Nails, Modelling Clay, Newspaper); When I Sleep (Tracey Emin, 2018, Bronza, White Cube Gallery).