



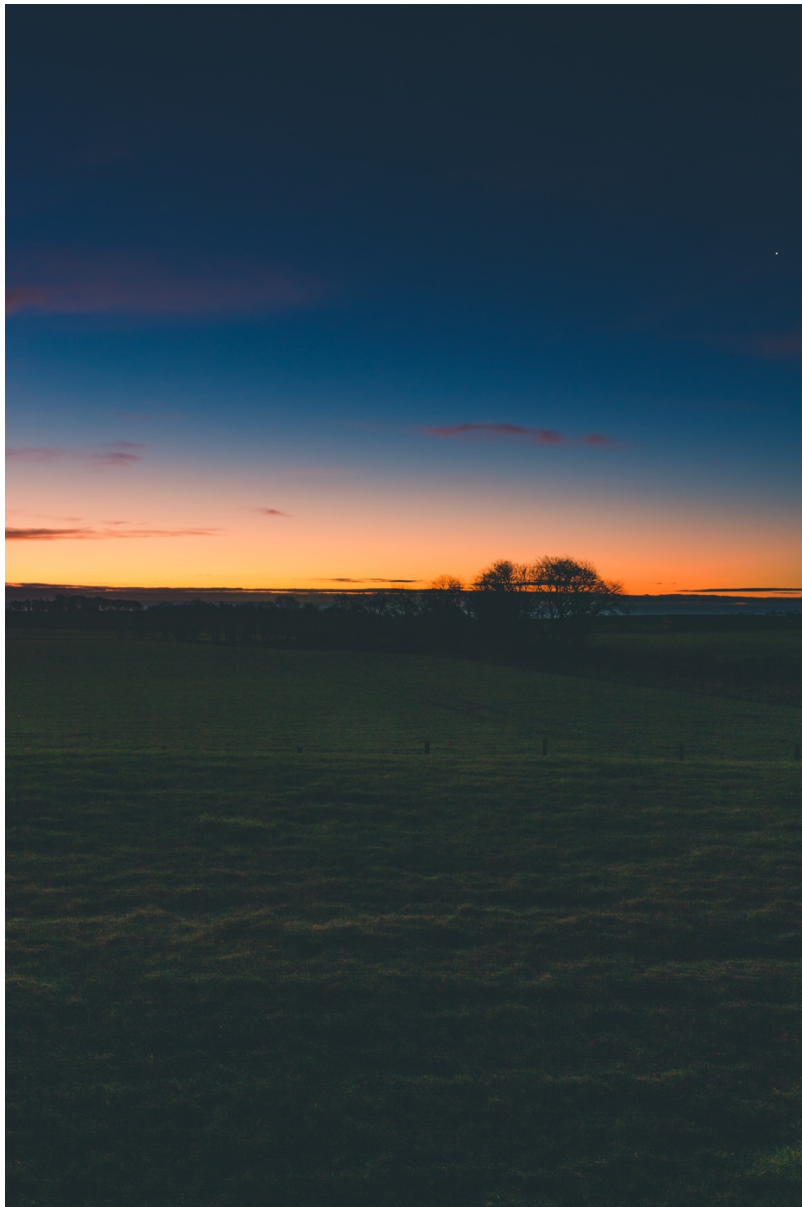
## *Words for the Way*

An online Lent Course for the Diocese of Aberdeen and Orkney

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**Sing**

Friday 12 May



*Photo by James Owen on Unsplash*

### **Psalm 57:6-11**

6 They set a net for my steps;  
my soul was bowed down.

They dug a pit in my path,  
but they have fallen into it themselves.

7 My heart is steadfast, O God,  
my heart is steadfast.

I will sing and make melody.

8 Awake, my soul!  
Awake, O harp and lyre!  
I will awake the dawn.  
9 I will give thanks to you, O Lord, among the peoples;  
I will sing praises to you among the nations.  
10 For your steadfast love is as high as the heavens;  
your faithfulness extends to the clouds.  
11 Be exalted, O God, above the heavens.  
Let your glory be over all the earth.

What wakes you up in the morning? Perhaps the light outside as the sun rises ever earlier, or your alarm? What do you do first thing as you awake? In our Psalm we hear the psalmist speak of awaking their soul, of making music and singing praises to God. Today you're invited to sing praises to God. What are the things you are thankful for today – in your life, in the life of your loved ones, your community or the world, you're invited to offer them to God in praise, perhaps singing them or listening to songs of praise that help you to praise God through others' words and song.

“Praise and worship is the universal language that carries the presence of the Lord, love, peace, healing and unity. Let's praise and worship our God, our Creator who is full of grace, mercy, love, peace and unity with all our hearts. Thank you Lord Jesus for your unconditional love.”  
Eugenia Herlihy

“The one who sings prays twice”.  
Attributed to St. Augustine

***The Arrow and the Song*** by Henry Wadsworth Longfellow

I shot an arrow into the air,  
It fell to earth, I knew not where;  
For, so swiftly it flew, the sight  
Could not follow it in its flight.

I breathed a song into the air,  
It fell to earth, I knew not where;  
For who has sight so keen and strong,  
That it can follow the flight of song?

Long, long afterward, in an oak  
I found the arrow, still unbroke;  
And the song, from beginning to end,  
I found again in the heart of a friend.

*To listen*

*Today I awake and God is before me* by John Bell, one version is by the Cathedral Singers

*Be Exalted (Psalm 57)* by Matt Searle

*Awake My Soul* by Mumford & Sons from the Album *Sign No More*

These can be found on a playlist at

<https://open.spotify.com/playlist/72omFXFjUHKiHcvk9OYv4?si=0b356c51045b422b>

