



Go Deeper, 30th April – Psalm 23

Dear Miners,

I love Psalm 23 – it might be old and much used, but despite its familiarity there's such a richness and depth to its language, and its honesty. Probably between 500 and 1000 years old even when Christ knew it, it brings me comfort to know that he would have known it, and that it has been a source of comfort to God's people for so very long. The Psalms are well worth being familiar with, they cover such a range of emotions across all 150.

- How familiar are you with the Psalms – have you tried reading them out loud?
- Do you find them helpful?
- One traditional way of reading them is taking it in turns, one side of a room/church taking alternate verses with the other. If you are in a small group, you could try this. I find the opportunity to hear half of the words restful and calming.
- I have also found writing my prayers, my own psalms, very helpful. Why not have a go – I firmly believe God loves our honest prayers, and there is excellent research which shows that journaling our feelings is very good for us.

Every Blessing

Rob

Deeper Stuff.

They can be a bit impenetrable, as can much of the Bible. John Goldingay's books *Psalms for Everyone* (vols 1&2) are very helpful, giving a little context and some of his personal reflections. He has written one for each Old Testament book, a companion series to Tom Wright's ...for everyone New Testament series. They always help bring life to passages.

There are many good settings of psalms to music, including some of our favourite hymns. To listen to at home, I have found the three albums by The Corner Room delightful and prayerful; available on all streaming services and YouTube.

<https://www.youtube.com/channel/UC9hPRXIKU2C2P47RClyOldg/videos>

The Bible for Normal People have recently released a book – *Psalms for Normal People* (available at all good book sellers). I haven't yet read it, but the podcast about it is at <https://thebiblefornormalpeople.com/episode-238-josh-james-psalms-isnt-what-you-think-it-is/>