My soul is for your blessing
For you are very great
Clothed with light and splendor
Wrapped in light like a garment
Who stretches out the sky like a curtain
Whose roof beams are fashioned with the waters
Whose chariots are the clouds
Who walks along the wind's wings
Whose messengers are the winds
Whose ministers are fire's flames
Who sets the earth upon her foundations
So that she cannot be moved
And covers her with waters like a robe
The waters stood high above the mountains
And with your blast they fled
Hearing your thunder they rushed away
Ascending the mountains
Pouring into the valleys
Until they found the place you'd set aside for them
Holding them within their borders
That they not return to engulf the earth
Who makes springs gush forth in the hills
So that between the hills brooks run clear
Giving drink to the roaming animals
There the deer come to slake their thirst
There the waterfowl nest
Sending out their voices
From between the nearby branches
You water the mountains from your lofts
Satisfy the earth with the fruits of your labor
Cause grasses to grow for the cattle
And herbs to respond to a human touch
So that people can bring forth crops from the land
And wine to gladden their hearts
And oil to make their faces glisten
And bread to sustain them
Full of sap are your trees
The cedars of Lebanon that you have planted
Where the birds make their nests
The heron has her home in the junipers
The high mountains are for wild goats
The cliffs a shelter for marmots
You made the moon for the seasons
Made the sun that knows when to set
You cause darkness to ripen into night
So that the night animals feel moved to stir
The young lions to roar for their prey
Asking you for their food
And when the sun comes up they return quietly home
To crouch asleep in their dens
Then people go out to do their work
And they labor until evening

How various are these deeds
That you have performed so shapely
The earth so full of your riches
Here is the vast wide sea
In which creatures without number
Of all sizes and kinds crawl and swim or drift and wave
There the great ships make their voyages
And huge whales journey and breach without tiring
All these wait upon you to give them their food in due season

What you give they gather
You open your hand and they are satisfied
Hide your face and they vanish
Remove your breath and they perish
Return to the dust they were made from
Breathe again your breath and they enter life renewed
Refreshing the face of the earth
Your glory endures forever
Your work is an endless rejoicing
You who glance at the earth and she trembles
Who touch the mountains and they smoke
While I live my songs will be for you
While I am I'll speak my gratefulness
May my words be agreeable
Yes I will share your rejoicing
May all that denies you be denied
And all that demeans you pass
My soul is for your blessing—
I praise that too
OPENING TO YOU

Zen-Inspired Translations of the Psalms

Viking Compass 2002