

## Psalm 104

<sup>1</sup>Bless the Lord, O my soul. O Lord my God, you are very great. You are clothed with honour and majesty,

<sup>2</sup>wrapped in light as with a garment. You stretch out the heavens like a tent,

<sup>3</sup>you set the beams of your chambers on the waters, you make the clouds your chariot, you ride on the wings of the wind,

<sup>4</sup>you make the winds your messengers, fire and flame your ministers.

<sup>5</sup>You set the earth on its foundations, so that it shall never be shaken.

<sup>6</sup>You cover it with the deep as with a garment; the waters stood above the mountains.

<sup>7</sup>At your rebuke they flee; at the sound of your thunder they take to flight.

<sup>8</sup>They rose up to the mountains, ran down to the valleys to the place that you appointed for them.

<sup>9</sup>You set a boundary that they may not pass, so that they might not again cover the earth.

<sup>10</sup>You make springs gush forth in the valleys; they flow between the hills,

<sup>11</sup>giving drink to every wild animal; the wild asses quench their thirst.

<sup>12</sup>By the streams the birds of the air have their habitation; they sing among the branches.

<sup>13</sup>From your lofty abode you water the mountains; the earth is satisfied with the fruit of your work.

<sup>14</sup>You cause the grass to grow for the cattle, and plants for people to use, to bring forth food from the earth,

<sup>15</sup>and wine to gladden the human heart, oil to make the face shine, and bread to strengthen the human heart.

<sup>16</sup>The trees of the Lord are watered abundantly, the cedars of Lebanon that he planted.

<sup>17</sup>In them the birds build their nests; the stork has its home in the fir trees.

<sup>18</sup>The high mountains are for the wild goats; the rocks are a refuge for the hyrax.

<sup>19</sup>You have made the moon to mark the seasons; the sun knows its time for setting.

<sup>20</sup>You make darkness, and it is night, when all the animals of the forest come creeping out.

<sup>21</sup>The young lions roar for their prey, seeking their food from God.

<sup>22</sup>When the sun rises, they withdraw and lie down in their dens.

<sup>23</sup>People go out to their work and to their labour until the evening.

<sup>24</sup>O Lord, how manifold are your works! In wisdom you have made them all; the earth is full of your creatures.

<sup>25</sup>Yonder is the sea, great and wide, creeping things innumerable are there, living things both small and great.

<sup>26</sup>There go the ships, and Leviathan that you formed to sport in it.

<sup>27</sup>These all look to you to give them their food in due season;

<sup>28</sup>when you give to them, they gather it up; when you open your hand, they are filled with good things.

<sup>29</sup>When you hide your face, they are dismayed; when you take away their breath, they die and return to their dust.

<sup>30</sup>When you send forth your spirit, they are created; and you renew the face of the ground.

<sup>31</sup>May the glory of the Lord endure forever; may the Lord rejoice in his works

<sup>32</sup>who looks on the earth and it trembles, who touches the mountains and they smoke.

<sup>33</sup>I will sing to the Lord as long as I live; I will sing praise to my God while I have being.

<sup>34</sup>May my meditation be pleasing to him, for I rejoice in the Lord.

<sup>35</sup>Let sinners be consumed from the earth, and let the wicked be no more. Bless the Lord, O my soul.  
Praise the Lord!

### **Tips for personal prayer**

*Creation is the first act of God's Love, the source from which being and life itself flows, especially in the creation of man and woman, made in His image (Gen 1:26-27).*

*As for the ten words of the law that God gave to Moses on Mount Sinai, after the exodus from the land of slavery of Egypt, at the beginning of Genesis there are the ten words that reveal the goodness and beauty of God's action in creation: Gen 1, 3.6.9.11.14.20.24.26.28.29.*

*The biblical message of creation is fundamentally positive, before it was ruined by sin, and this is repeated 7 times: "God saw all that he had done, and it was very good" (Gen 1, 4.10.12.18.21.25.31).*

*The same redemption accomplished by Jesus is a bringing back all the realities of creation to the initial plan, as Jesus reiterated to those who accepted the repudiation of women with regard to the union willed by God between man and woman: "in the beginning it was not so". (Mt 19,4).*

*Jesus himself introduces us into the Father's plan of love, using parables and similarities drawn from experience and daily life, highlighting the symbiosis between the divine and the human which symbolically reveal the beauty and grace of the other, in order to make visible the mystery of God's will, that is, to "recapitulate in Christ all things heavenly and earthly" (Eph 1:9-10).*

- = The spirituality of integral ecology requires a contemplative gaze: can you grasp the presence and love of God in Creation? In what way? What does it mean to you?
- = "Everything is interconnected": what experience do you have of this truth? What responsibility does it involve as a person and as a community?
- = What invitations to take care of our common home does the Spirit give you?