

Before the pandemic I was teaching a weekly course on the Spiritual Life. One of the topics we covered was the role of the Bible in the Spiritual life. What follows really sticks with me and I want to share it with you.

Bradley P. Holt in his book, *Thirsty for God: A Brief History of Christian Spirituality*, says this about the Bible and spirituality:

The Bible “first, it is nutrition for spirituality.... The Bible becomes a living word from God when the spirit speaks directly to our needs; it is the Holy Spirit that guided the original writers, and it is the Holy Spirit that brings the word on the page alive to us.” “The Psalms have a Special Place in Christian spirituality because more than any other book of the Bible, they model prayers for all emotional levels.” P33

The first step in spiritual growth is to read the Bible more often. The book of the Bible to start with is the Psalms, for they were the Hebrew’s hymns and prayers.

Reading and praying the Psalms is getting back to the very roots of our faith.

### **Psalm 150:1-6 (NRSV)**

- <sup>1</sup> Praise the LORD! Praise God in his sanctuary; praise him in his mighty firmament!
- <sup>2</sup> Praise him for his mighty deeds; praise him according to his surpassing greatness!
- <sup>3</sup> Praise him with trumpet sound; praise him with lute and harp!
- <sup>4</sup> Praise him with tambourine and dance; praise him with strings and pipe!
- <sup>5</sup> Praise him with clanging cymbals; praise him with loud clashing cymbals!
- <sup>6</sup> Let everything that breathes praise the LORD! Praise the LORD!

The Psalms are the hymns of the ancient Israelites. I chose this Psalm because these days we aren’t praising God very much. Psalm 150 tells us to praise God with pretty much all the instruments that were available to the writer. The gist of this Psalm is that we are to praise the Lord with everything we have and are.

<sup>6</sup> Let everything that breathes praise the LORD! Praise the LORD!

