



Café Cantate Domino

A Coffee Psalm

O
God,
You
are
like
coffee!

You percolate . . . and the mere sound of you stirs me from sleep. I thirst for you, O God, in the morning when I wake up. Your aroma permeates my soul when I come into your presence. You pour yourself out and shower me with blessings. You fill my cup with good things. Your heat and steam rise as incense and fill my nostrils. I lift you up with my hands and drink you into my being. Your warmth penetrates my mouth. O taste and see that the Lord is good!

Your warmth continues to travel through me, warming my gut. You dwell ever within me. You energize me, O God.

After a time, you give me energy to set about the tasks you lay before me. I return to you, O God, throughout the day, and get renewed and refreshed every time

I drink you in. O taste and see that the Lord is good! You restore my soul and fill my senses.

You help me get through the day when my sleepiness tries to keep me from doing your will. O taste and see that the Lord is good.

O God, you are like coffee to me!

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Write your own psalm

“If the psalms of Scripture breathe out the anatomy of the psalmist’s soul” as Calvin says, then why can’t our own psalms do the same.

The process of paraphrase or rewrite can be challenging. It takes some time to sit with words before they can be processed into our own.

You will hear these steps in today's sermon. 1. Trust God with your words, no matter what. 2. Try using some poetic techniques, and verse form 3. Be candid and honest just as the psalmists were 4. Pull out all the adjectives and metaphors, similes and figures of speech. 5. Show your raw emotions 6. Write from your experiences 7. Write as New Testament believers for we know our Messiah has come.

Here is a psalm to use as a prompt. It is one we know well. Psalm 23. Try to use your words to make it fit for you today.

The Lord is my shepherd _____

I shall not want _____

He makes me lie down in green
pastures; _____

He leads me beside still waters; _____

He restores my soul. _____

Even though I walk through the darkest valley (valley of death), _____

I fear no evil; _____

For you are with me; _____

Your rod and your staff _____

They comfort me. _____

You prepare a table before me _____

In the presence of my enemies _____

You anoint my head with oil. _____

Surely goodness and mercy shall follow me all the days of my
life, _____

And I shall dwell in the house of the Lord my whole life
long. _____

Now find another psalm and give it a try. May this practice bring you comfort, joy and fill you with hope.