

Journey with Jesus

7 days of celebration in the Psalms

Station 50 - Jubilee



You shall count off seven Sabbaths of years, seven times seven years; and there shall be to you the days of seven Sabbaths of years, even forty-nine years. Then you shall sound the loud trumpet on the tenth day of the seventh month. On the Day of Atonement you shall sound the trumpet throughout all your land. You shall make the fiftieth year holy, and proclaim liberty throughout the land to all its inhabitants. It shall be a jubilee to you; and each of you shall return to his own property, and each of you shall return to his family. That fiftieth year shall be a jubilee to you. In it you shall not sow, neither reap that which grows of itself, nor gather from the undressed vines. For it is a jubilee; it shall be holy to you. You shall eat of its increase out of the field. In this Year of Jubilee each of you shall return to his property.



- Find a place to sit quietly and close your eyes.
- Be aware of God's loving eyes watching over you.
- Take time to still yourself before God using one of the approaches you have learned over the prayer journey through Mark.
- As you do this you might like to ask for the grace of a heart full of thanksgiving and praise.



The Pearl of Great Price (detail) by Annabel Barber
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➤ You might like to listen to

➤ **Day 1:** Listen to the Sons of Korah sing Psalm 131 then click [here](#).

➤ **Day 2:** Listen to a Greek Orthodox Byzantine chant of Psalms 134 then [click here](#).

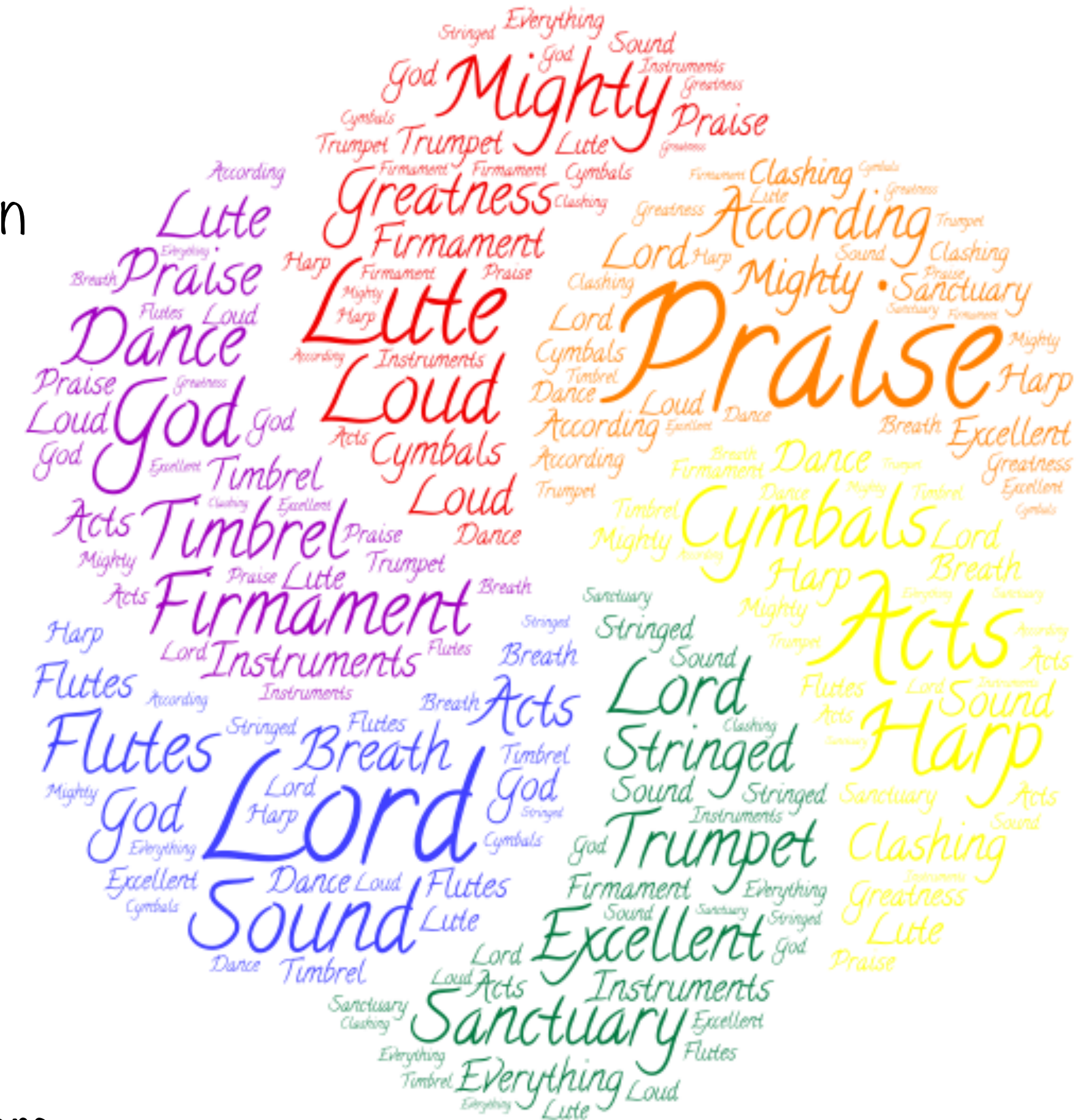
➤ **Day 3:** Listen to Shane and Shane sing Psalm 139 then click [here](#).

➤ **Day 4:** Listen to Johnny Mace sing Psalm 147 then click [here](#).

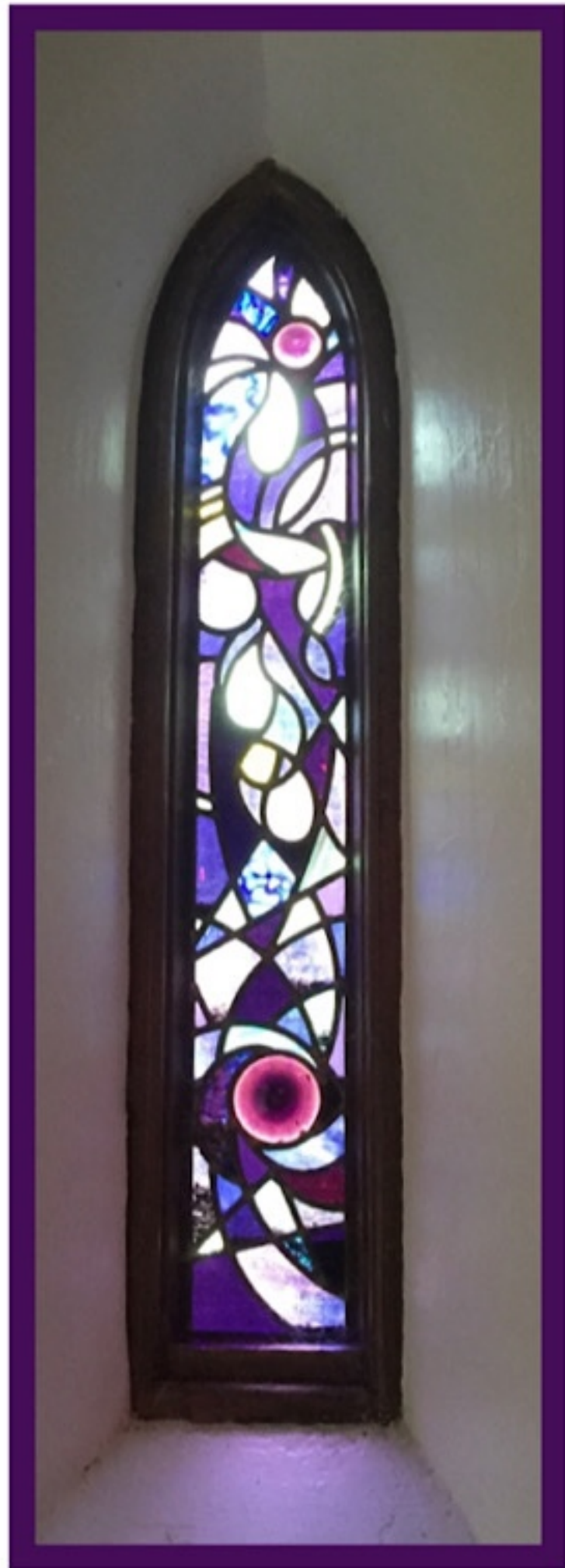
➤ **Day 5:** Listen to Nava Tehila sing Psalm 148 in Hebrew then click [here](#).

➤ **Day 6:** Listen to Wells Cathedral Choir sing Psalm 149 then click [here](#).

➤ **Day 7:** Listen to Friends across the Globe sing Psalm 150 then click [here](#).



Day 1: Psalm 131

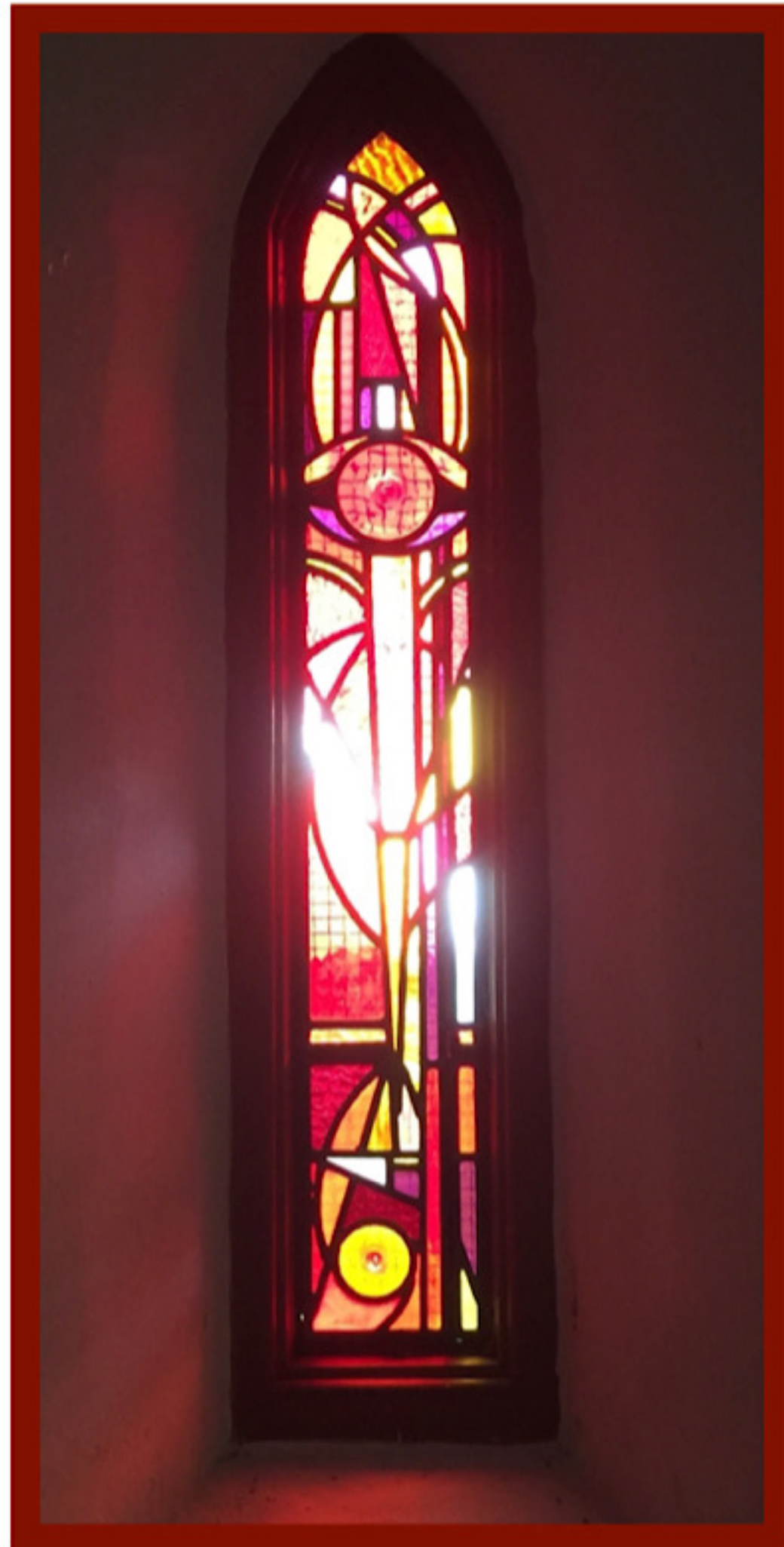


My heart is not proud, Lord,
my eyes are not haughty;
I do not concern myself with great matters
or things too wonderful for me.
But I have calmed and quieted myself,
I am like a weaned child with its mother;
like a weaned child I am content.
Israel, put your hope in the Lord
both now and forevermore.

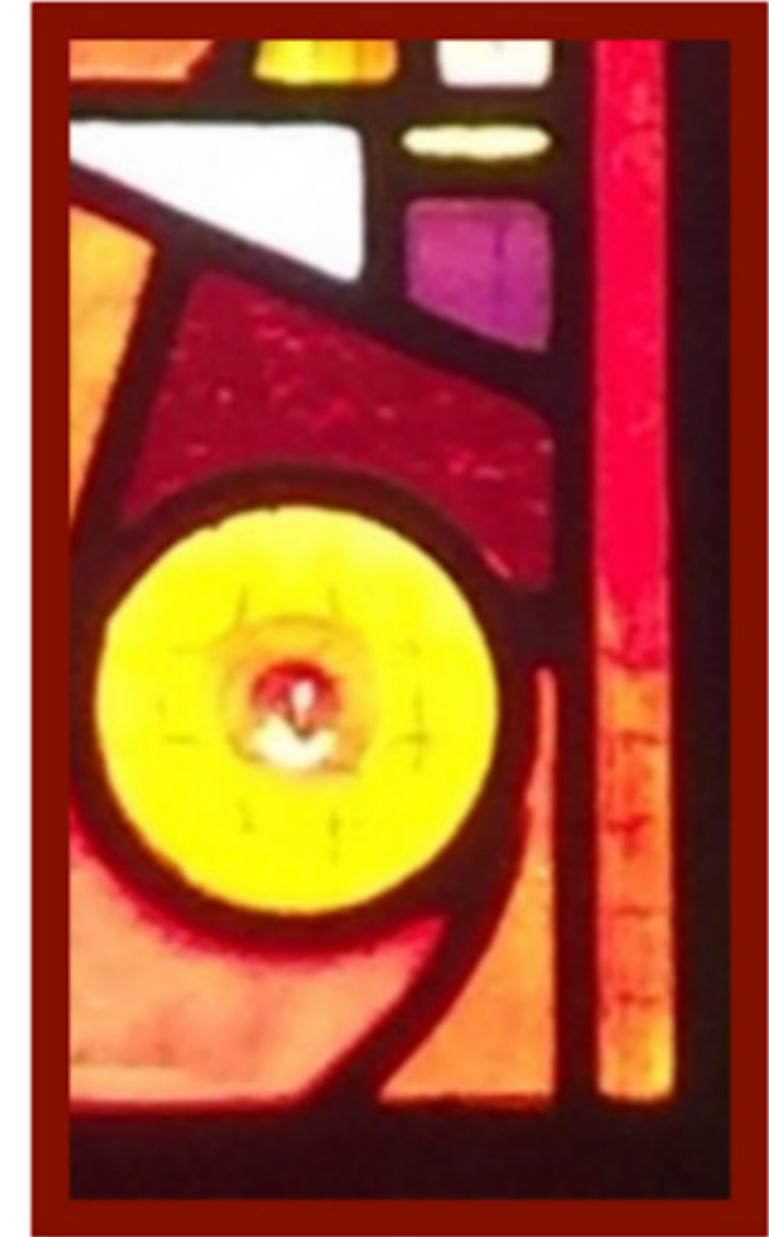


- Read this passage from the psalm.
 - What words or phrases strike you?
- Read these words again slowly.
 - Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- What thoughts, feelings and images have emerged in this time of prayer?
- How has the Spirit been at work in your heart as you have prayed?
- You might like to note these down in your journal.
- When you have finished click [here](#) to continue.

Day 2: Psalm 134

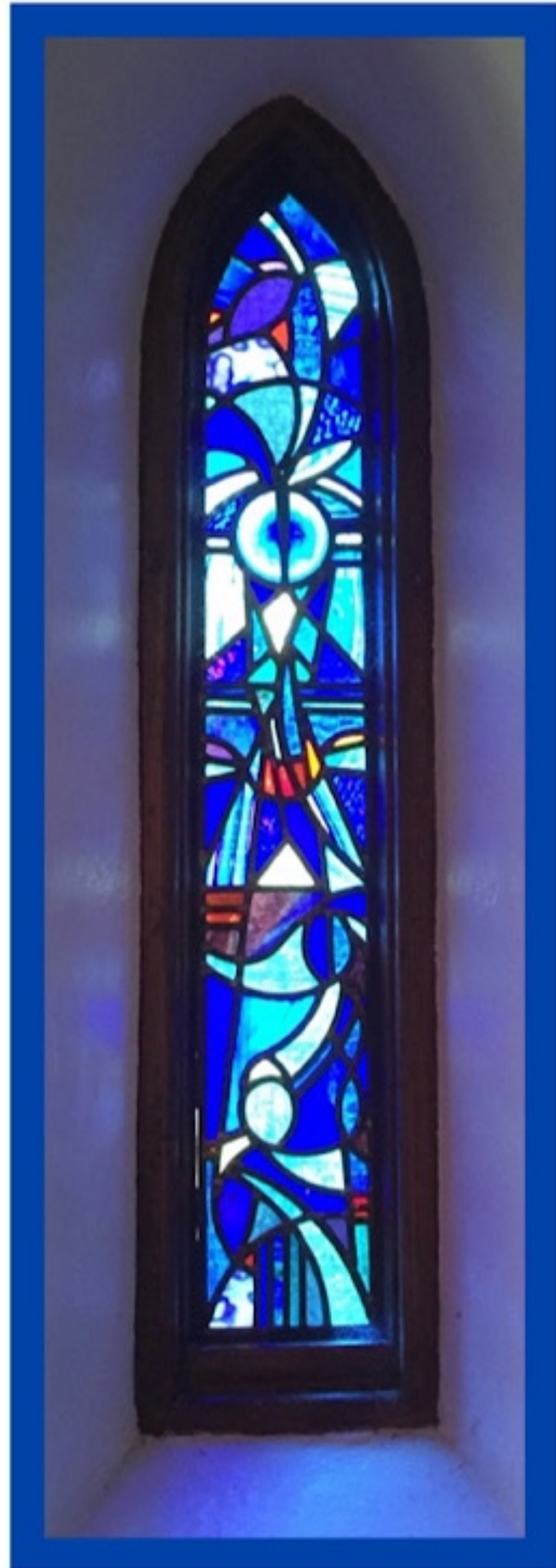


Praise the Lord, all you servants of the Lord
who minister by night in the house of the Lord.
Lift up your hands in the sanctuary
and praise the Lord.
May the Lord bless you from Zion,
he who is the Maker of heaven and earth.

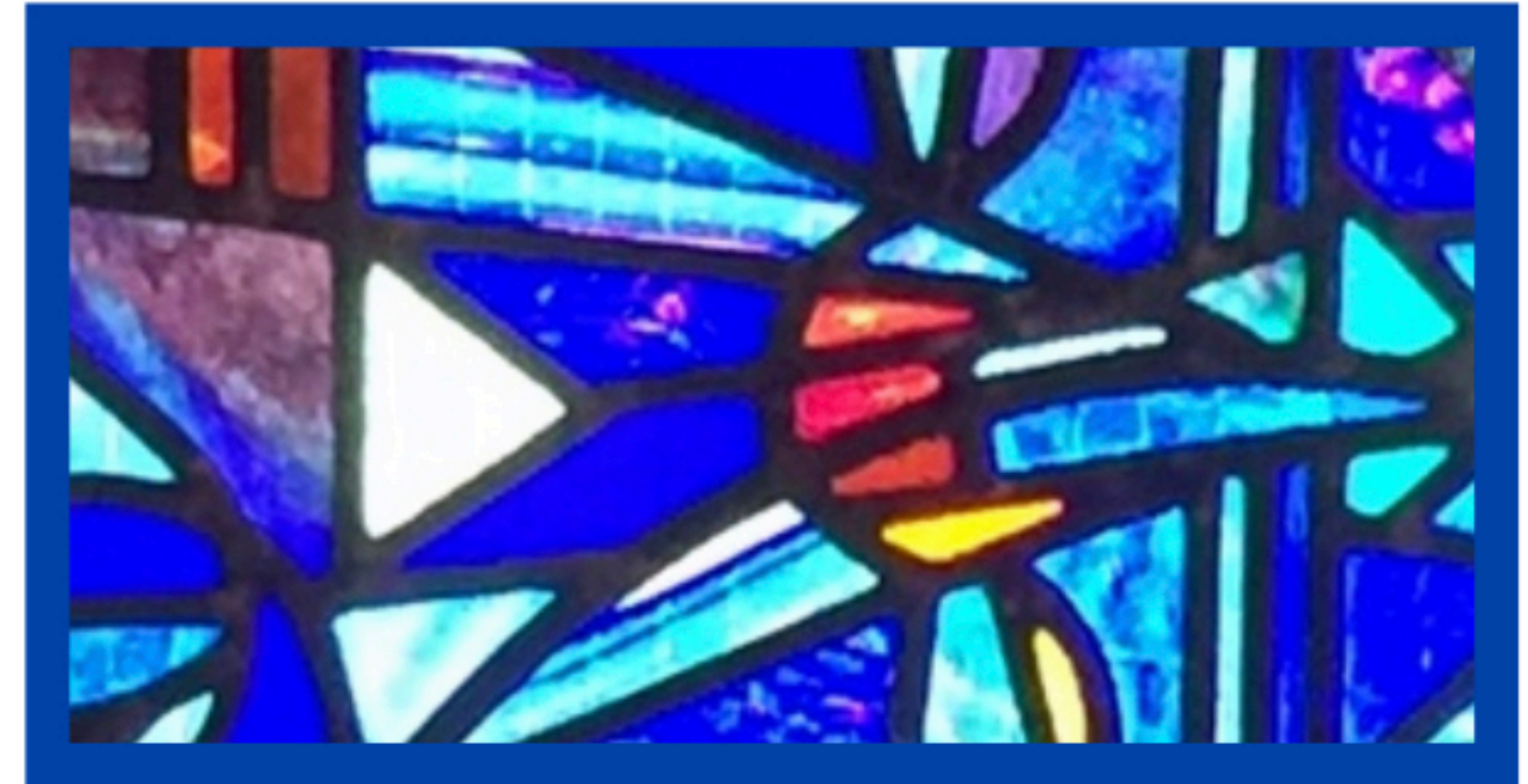


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Day 3: Psalm 139

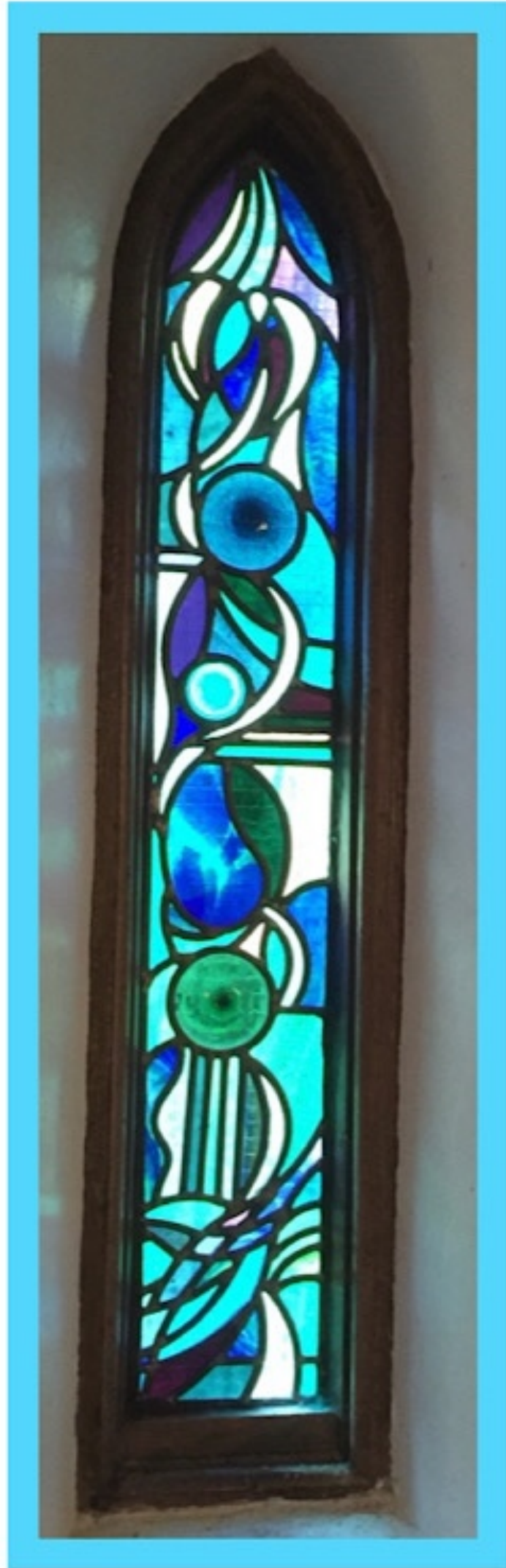


For you created my inmost being;
you knit me together in my mother's womb.
I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.
My frame was not hidden from you
when I was made in the secret place,
when I was woven together in the depths of the earth.
Your eyes saw my unformed body;
all the days ordained for me were written in your book
before one of them came to be.
How precious to me are your thoughts, God!
How vast is the sum of them!
Were I to count them,
they would outnumber the grains of sand—
when I awake, I am still with you.



- Read this passage from the psalm.
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Day 4: Psalm 147



Praise the Lord.

How good it is to sing praises to our God,
how pleasant and fitting to praise him!

The Lord builds up Jerusalem;
he gathers the exiles of Israel.

He heals the brokenhearted
and binds up their wounds.

He determines the number of the stars
and calls them each by name.

Great is our Lord and mighty in power;
his understanding has no limit.

The Lord sustains the humble
but casts the wicked to the ground.

Sing to the Lord with grateful praise;
make music to our God on the harp.

- Read this passage from the psalm.
 - What words or phrases strike you?
- Read these words again slowly.
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Day 5: Psalm 148



Praise the Lord.

Praise the Lord from the heavens;
praise him in the heights above.

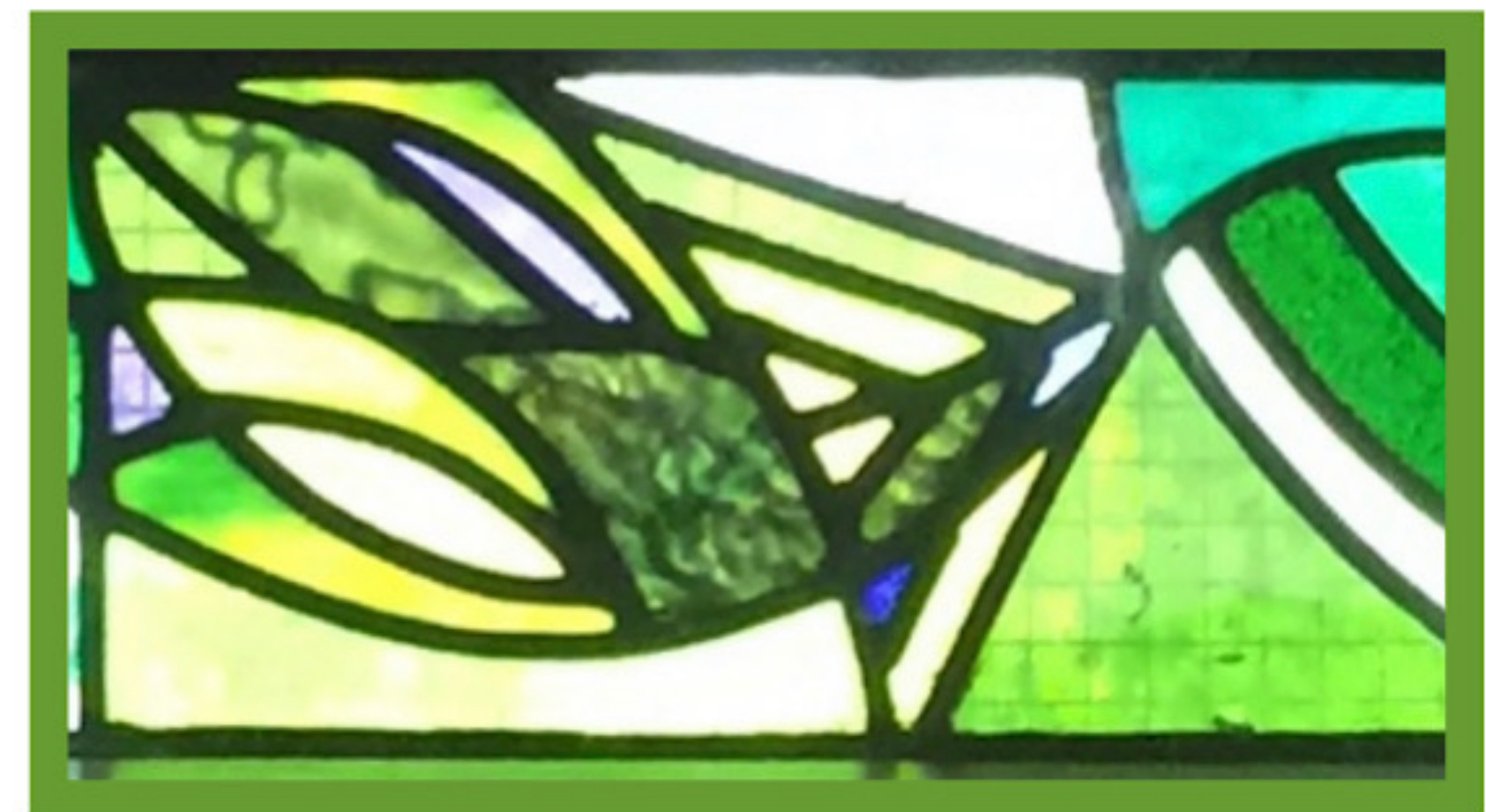
Praise him, all his angels;
praise him, all his heavenly hosts.

Praise him, sun and moon;
praise him, all you shining stars.

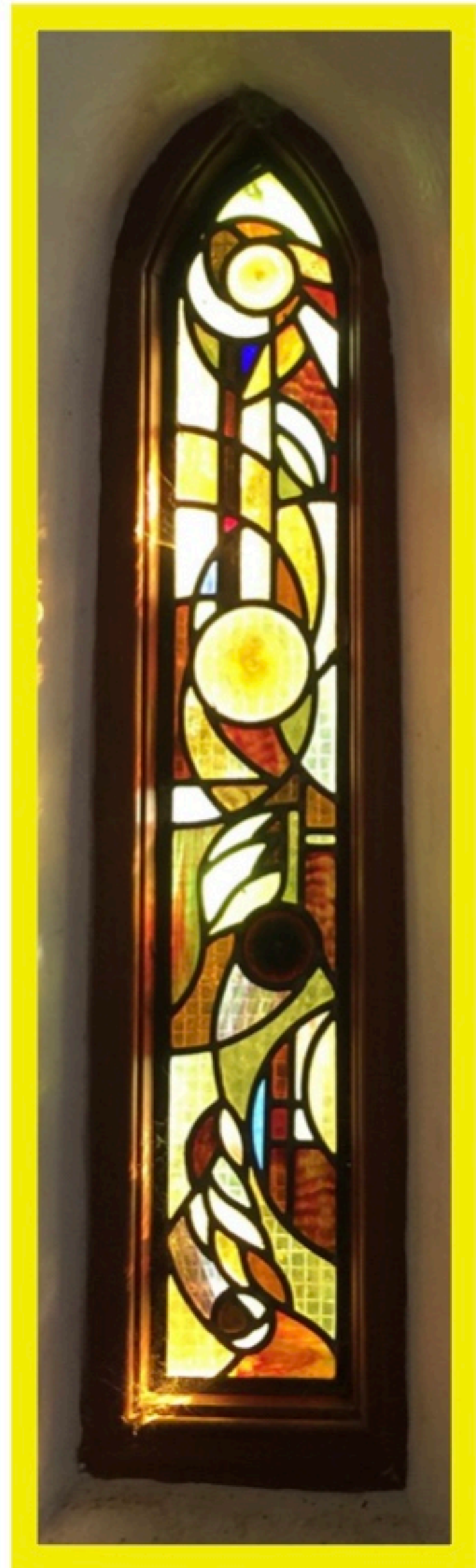
Praise him, you highest heavens
and you waters above the skies.

Let them praise the name of the Lord,
for at his command they were created,
and he established them for ever and ever—
he issued a decree that will never pass away.

- Read this passage from the psalm.
 - What words or phrases strike you?
- Read these words again slowly.
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Day 6 : Psalm 149

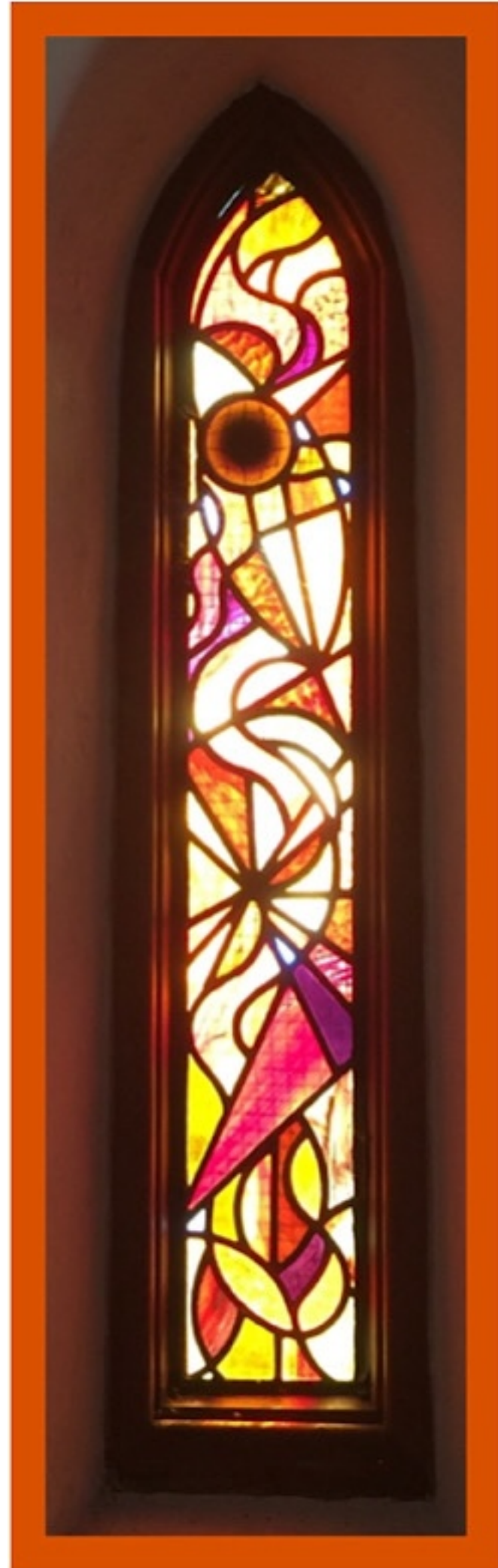


Sing to the Lord a new song,
his praise in the assembly of his faithful people.
Let Israel rejoice in their Maker;
let the people of Zion be glad in their King.
Let them praise his name with dancing
and make music to him with timbrel and harp.
For the Lord takes delight in his people;
he crowns the humble with victory.
Let his faithful people rejoice in this honour
and sing for joy on their beds.



- Read this passage from the psalm.
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Day 7 : Psalm 150



Praise the Lord.
Praise God in his sanctuary;
 praise him in his mighty heavens.
Praise him for his acts of power;
 praise him for his surpassing greatness.
Praise him with the sounding of the trumpet,
 praise him with the harp and lyre,
praise him with timbrel and dancing,
 praise him with the strings and pipe,
praise him with the clash of cymbals,
 praise him with resounding cymbals.
Let everything that has breath praise the Lord.
Praise the Lord.



- Read this passage from the psalm.
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- Read these words again slowly.
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Creative Prayer

Make a Psalm Journal

- The psalms are a wonderful resource for prayer. They can help us say to God things that we cannot find words for - whether praise, worship, lament or intercession.
- Find or make a small book as a Psalm Journal.
- As you come across Psalms through which God speaks to you, write a few verses of the Psalm in your journal, and note down what you have noticed and what God seems to be saying to you through it.
- You might like to join one of the [Bible Art Journaling](#) Facebook groups to see more creative ways of journaling with scripture.
- You might like to decorate the cover with a stitch collage. Karen Herrick explains how to stitch and pray [here](#).



Psalm 23 Karen Turnbull Used with permission

Journey with Jesus

A series of prayer stations based
on the gospel of Mark.



Thanks to Adrian Chatfield for the photograph of The Way of Life taken at Ely Cathedral

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