

A CHOICE TO BLESS

*"I will bless the LORD at all times;
His praise will always be on my lips."*

Psalms 34:1

REFLECTION

There are at least 3 questions to consider here:

- Why do we need to bless the Lord?
- Why "at all times"?
- Why "on my lips"?

We are more familiar with the idea of God blessing us than we blessing Him. But here, the Psalmist calls us to bless the Lord. Is it really possible to bless the Lord and to make Him happy? I think so. If we see the Christian faith as one of relationship, then it makes sense. Just as our earthly parents are blessed and delighted by our actions and words, our heavenly Father allows our actions and words to affect His heart. In other words, we can make him happy, we can make him sad, we can make him angry. Our God has made Himself vulnerable to us: this is the beauty of the Christian faith.

Next, why at all times? Because God deserves to be blessed at all times. He is consistent, He is faithful, and He is always in control. Even when things do not seem to turn out well for us, even when we are having hard times, God has not changed His perfect will for us. In 1 Thessalonians 5:17, the apostle Paul reminds us to give thanks in all circumstances. It is easy to give thanks when things go well. But it takes faith and courage to give thanks when there is no reason to do so—except by trusting God's heart.

Last, why the lips? Because it is out of our lips that what goes on in our hearts are revealed. It is hard to remain angry and speak words of forgiveness. It is impossible to be happy inside and yet utter words of hate. As Jesus once suggested, from the condition of our hearts comes the fruits of our lips. Of course, we struggle. There is often a tension in our hearts between love and hate, happiness and sorrow, determination and doubt. In such situations, we choose to speak faith, hope and love. We praise our good God even when things do not look so good. We declare that all will be well, when the future looks bleak right now. And we sing to the Lord words of loving devotion—because as we sing, the Holy Spirit is renewing our minds and strengthening our souls.

PRAYER

Dear heavenly Father, teach us how to bless Your Heart and delight Your Spirit. Help us to do this, not just when life goes well, but even when the days are dark. Grant us faith and courage to praise You even when there is no human reason to do so. May the fruit of my lips always bring You joy. This we ask in Jesus' name. Amen.

SUPPLICATION

- Pray for our world, that the crisis brought about by the pandemic will cause people to consider the fragility of life and the need for meaning. May God meet them in their considerations and turn their hearts towards Him with His prevenient grace. Pray for soften and responsive hearts towards the voice of the True Shepherd, our Lord Jesus Christ.
- Pray for our country, that as a nation we will choose eternity over economy, blessing over preservation, and grace over self-sufficiency. May the Lord help us to be a compassionate and gracious society that will look out for others and to bless the needy and the lost rather than to hoard resources when it is within our means to give and help.
- Pray for our church, BRMC, that we will return to the call of discipleship. May we recover the joy of following Jesus wholeheartedly and experience the reward of surrendering everything for His Kingdom. May we bless the Lord by heeding His voice as He calls to us daily and yielding to His will and word faithfully.

Christianity is not a collection of truths to be believed, of laws to be obeyed.

Christianity is a person, one who loved us so much, one who calls for our love. Christianity is Christ

Oscar Romero

If you need any prayer or pastoral care support, kindly contact the pastoral care team via:

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