

Psalm Meditations – Psalm 114

The column on the right is not a paraphrase or translation, but a possible prayer that generally follows the Scripture provided in the left column. This is designed to model direct engagement with God in your inner being and to be used as a guide to meditate on God's word. Feel free to use your own words, to expound or change what's provided, or write out your own response as you spend time with God each day.

When Israel went out from Egypt,
the house of Jacob from a people of
strange language,
2 Judah became his sanctuary,
Israel his dominion.

3 The sea looked and fled;
Jordan turned back.

4 The mountains skipped like rams,
the hills like lambs.

5 What ails you, O sea, that you flee?
O Jordan, that you turn back?

6 O mountains, that you skip like rams?
O hills, like lambs?

7 Tremble, O earth, at the presence of the
Lord,
at the presence of the God of Jacob,
8 who turns the rock into a pool of water,
the flint into a spring of water.

Out of slavery you have brought your people.
I am one of them. I was lost in the darkness
of my sin, my mind enslaved and darkened by
the deceiver's primordial lies. The world
speaks a strange language, different than
yours, Lord. They speak a language of false
gods and false hopes. This is what you are
saving me from, just as you brought your
people out of Egypt: those who speak a
strange language.

When you brought out your people from
Egypt you made your dwelling place with
them. In the middle of the desert there was
an oasis where you could be found in the
midst of your people. Your people have
always been your sanctuary and your
dominion, and even now they are. I am your
sanctuary now; my heart is the place you
reside. My heart is your dominion and your
dwelling place. I marvel at this, your concern
for me and my soul and wellbeing.

Creation is afraid of you, my God. We have
made creation afraid because of the darkness
we have brought. Creation runs from you, it is
under a curse, but you will restore and
redeem it. You will bring peace again. I have
been remade and creation will follow.

I should tremble in your presence for you are
not created or made, you are God. But I will
not run from you or cower in fear for water
flows from the rock at your word. This water
is available for me to drink and so I come to
you to drink this life-giving water. This water
from your hand is careful attention to what I
need. You are the water that flows from the
rock. I tremble at this thought. You are

mysterious in every way and so gentle and kind in your provision. You are the God of all power and the source of life for my soul. Tremble oh tender heart of mine before the cool springs of my Savior's love, my rock, and my king.