

Psalm Meditations – Psalm 45

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.

My heart overflows with a pleasing theme;
I address my verses to the king;
my tongue is like the pen of a ready scribe.

2 You are the most handsome of the sons of men;

grace is poured upon your lips;
therefore God has blessed you forever.

3 Gird your sword on your thigh, O mighty one,
in your splendor and majesty!

4 In your majesty ride out victoriously
for the cause of truth and meekness and righteousness;

let your right hand teach you awesome deeds!

5 Your arrows are sharp
in the heart of the king's enemies;
the peoples fall under you.

6 Your throne, O God, is forever and ever.
The scepter of your kingdom is a scepter of uprightness;

7 you have loved righteousness and hated wickedness.

Therefore God, your God, has anointed you
with the oil of gladness beyond your companions;

8 your robes are all fragrant with myrrh and aloes and cassia.

From ivory palaces stringed instruments make you glad;

9 daughters of kings are among your ladies of honor;

I have been made to reflect your glory, to experience the joy of the Trinity. Make my heart full to overflowing with your love. It is good for me to sing over you, to praise your name and speak of your glorious kingship. Accept my praise o, Lord. Accept my love for you. You are handsome my king in your uniform and sword. I see you on your steed, ready to ride out for Israel and the world, to bring justice and righteousness. You are a meek warrior, my king, my God, my Lord. I am so proud of you, so proud to belong to your family and your people. With your right hand instruct me with deeds of righteousness, that I may live my life in honor of your kingdom, bringing righteousness to the earth in your name. My enemies cower before you. Your arrows are sharp, your sword's blade runs with clean lines, is balanced perfectly, and falls on those who bring harm against your people.

I rejoice for your throne is forever. I look at the world's leaders and they are anemic, impotent, compromised, and weak, but when I think of your leadership I am at ease, for your judgments are fair, your righteousness brings peace, your compassion is deep and wide. Your heart is pure and upright, and your scepter represents integrity and honor. This is my Lord and my God! Shouts of joy are on my lips when I think of living under your rule. My false gods torment me and bleed my soul dry, but your yoke is easy, and your burden is light. You love righteousness and goodness, cause me to love these things too.

at your right hand stands the queen in gold of Ophir.

10 Hear, O daughter, and consider, and incline your ear:

forget your people and your father's house,
11 and the king will desire your beauty.
Since he is your lord, bow to him.

12 The people of Tyre will seek your favor with gifts,
the richest of the people.

13 All glorious is the princess in her chamber, with robes interwoven with gold.

14 In many-colored robes she is led to the king,
with her virgin companions following behind her.

15 With joy and gladness they are led along as they enter the palace of the king.

16 In place of your fathers shall be your sons; you will make them princes in all the earth.

17 I will cause your name to be remembered in all generations;
therefore nations will praise you forever and ever.

You are the perfect king, selected by your Father to rule and reign over the earth. I anoint your head with oil and want to honor you with my life. I want you to know you have my allegiance.

The world calls to me. It tells me to build my kingdom in this place, to give my heart and my soul to this world, to revere earthly power and celebrity. Help me to forget these kingdoms, these counterfeit kingdoms and know your untamed love for me. I bring my life as a gift to you and will live offering you gifts and praises.

Look what you've done for the church, your queen and bride. You lavish her with your love, you give your life for her, and she is adorned with the jewels and gold and fine linen of your love. One day I will know, with all your people, just what you have done, my savior king. I will know the depths of your sacrifice, your power over death, the fullness of the light of your glory. I will enter your palace, the place you have prepared for your bride, and I will see the moment this ragged church is presented to you, robed in your righteousness, our faces shining with smiles and laughter and rejoicing. No one will be able to stop smiling, no one will be able to stop laughing with joy. We will be princes on the earth, and your name and ours will never be forgotten. I long to rejoice with the nations, hearing your name echoed in eternity for ever and ever and ever without end, and the goodness of my king will never leave the earth again.