
Bless The Lord, O My Soul!

**An article from the *Cathedral Times*
by the Very Reverend Samuel G. Candler,
Dean of the Cathedral of St. Philip**

Try this. What are the first words on your lips when you wake each morning? What are the first things you hear? What are the first images in your brain?

Maybe it's the steady tone of an alarm clock. Maybe it is the radio's weather and traffic updates. Maybe it is the night's most recent political news. Sadly, perhaps it is the news of more violence somewhere in the world. That information is important, but it does not have to be the first thing we face in the day.

Try this. Use one of the psalms for your wake-up call. Write out a copy for your bedside table. Photocopy a Bible or prayer book page and keep it in the bathroom. Place another copy on your refrigerator door.

Start with a psalm that blesses God or thanks God. Start, maybe, with one like Psalm 103 (vss 1-5, and 20-22):

Bless the LORD, O my soul,
and all that is within me, bless his holy name.
Bless the LORD, O my soul,
and forget not all his benefits-
He forgives all your sins,
and heals all your infirmities,
He redeems your life from the grave,
and crowns you with mercy and loving-kindness;
He satisfies you with good things,
so that your youth is renewed like an eagle's.

... Bless the LORD, you angels of his, you mighty ones who do his bidding,
and hearken to the voice of his word.
Bless the LORD, all you his hosts,
you ministers of his who do his will.

Bless the LORD, all you works of his, in all places of his dominion;

 bless the LORD, O my soul.

Amazing things occur throughout the day when our spirits are settled and when our souls have blessed God. We do not have to face the day with whatever the world has placed before us first thing. We can face the day with what we choose to bring into it.

Choose this day the words of blessing. If we can learn to bless God-to thank and praise and speak good words about God-then the odds are that we will learn more easily how to bless other people, too. When was the last time you blessed someone? You have the power and the authority to do it. Those words can be on your lips at the very break of day. Bless the Lord, O my soul!

Sam Candler signature



The Very Rev. Sam Candler