

Reflection on Psalm 103

O my Father,
 my God,
Your love and
 Your goodness
resound through
 every time and
 every place.
Your kindness and
 patient compassion
fill all history.

Father, Your love resounds in me.
Your goodness has filled
 every time and
 every place in my life.
You forgive,
You heal,
You buy me back from my sinful choices.
You satisfy me completely
 with all that is best.
You renew me,
 body,
 mind, and
 spirit.

Your compassionate love is
 boundless,
 persistent,
 tough, and
 tender.
You kiss away all the guilt
 I so richly deserve.
You look at me,
 not as an angry judge, but
 as a proud father,
patient and
 forbearing,
with untiring mercy.

Your love will long outlast
 my few days on earth.

When this frail body returns to dust,
 my life in You –
 Your life in me –
will have only just begun.

Praise to You, O my God!
I bless You,
I thank You,
I love You,
 my dear Father!

Hymn: Psalm 103

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