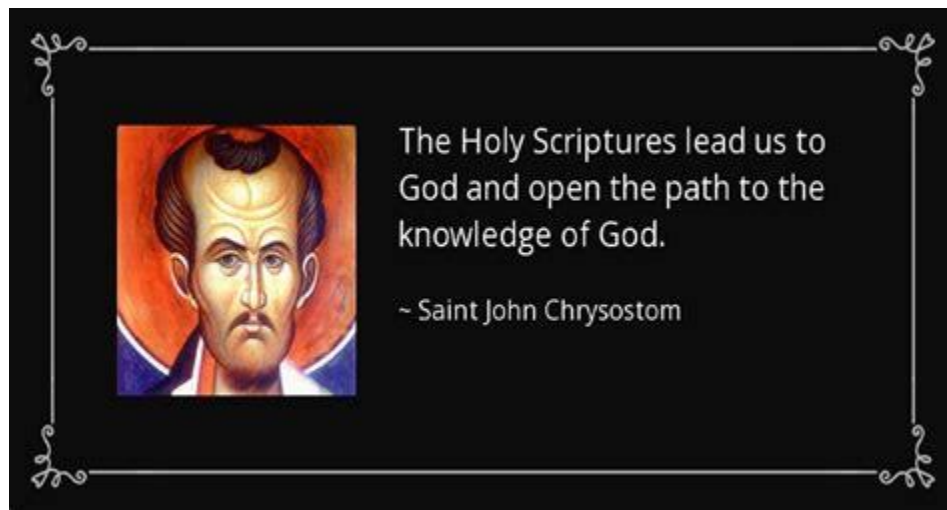


FROM FATHER JOHN: *"I raise my eyes toward the mountains. From whence shall come my help? My help comes from the LORD, the maker of heaven and earth."* (Psalm 121)



In one of his biblical commentaries, Saint Ephraem discussed the importance of reading the Sacred Scriptures; that every disciple of our Lord Jesus should read the bible because of the gifts and treasures we will find in it. He makes the case that God's Word given to us in the scriptures is an inexhaustible spring of life.

Fr. Larry Hennessey was one of my professors at Mundelein Seminary. He was a professor of Systematic Theology as opposed to being a scripture scholar. Even though he wasn't a scripture scholar, he would always tell us to "read the scripture every day. If you're lying in bed at night and you realize you haven't read any scripture that day, get out of bed and read a couple of paragraphs from the bible and then go back to bed."

Reading sacred scripture is vitally important to our spiritual lives. God reveals Himself to us in the sacred scripture. Every time we read scripture we grow a little closer to our Lord Jesus. One of the beauties of the scriptures is that it doesn't take a lot of time to read scripture each day. It's amazing how much scripture we can read in a year if we just spend five minutes a day reading the bible. I want to share Psalm 103 with you in the hope that you will find joy in reading scripture and want to continue reading sacred scripture every day.

May God Bless you and all those who love the Lord.

Psalm 103

"Bless the LORD, my soul; all my being, bless his holy name! Bless the LORD, my soul; and do not forget all his gifts, Who pardons all your sins, and heals all your ills, Who redeems your life from the pit, and crowns you with mercy and compassion, Who fills your days with good things, so your youth is renewed like the eagle's.

The LORD does righteous deeds, brings justice to all the oppressed. He made known his ways to Moses, to the Israelites his deeds. Merciful and gracious is the LORD, slow to anger, abounding in mercy. He will not always accuse, and nurses no lasting anger; He has not dealt with us as our sins merit, nor requited us as our wrongs deserve.

For as the heavens tower over the earth, so his mercy towers over those who fear him. As far as the east is from the west, so far has he removed our sins from us. As a father has compassion on his children, so the LORD has compassion on those who fear him. For he knows how we are formed, remembers that we are dust. As for man, his days are like the grass; he blossoms like a flower in the field. A wind sweeps over it and it is gone; its place knows it no more. But the LORD's mercy is from age to age, toward those who fear him. His salvation is for the children's children of those who keep his covenant, and remember to carry out his precepts.

The LORD has set his throne in heaven; his dominion extends over all. Bless the LORD, all you his angels, mighty in strength, acting at his behest, obedient to his command. Bless the LORD, all you his hosts, his ministers who carry out his will. Bless the LORD, all his creatures, everywhere in his domain. Bless the LORD, my soul!"