

## A Song for the Sabbath

### Description

[RG AUDIO 101120](#)

Psalm 92:1-8

Sometimes I feel some insecurity when singing around all my fellow Christians who have beautiful voices. Rather than lean into that insecurity, I focus on all the ways I find joy in hearing the voices of many singing in unison.

One of the many reasons I enjoy reading the book of Psalms is that it teems with every kind of human emotion. As we read through the verses we can relate to the sadness, grief, hope, anticipation, and one of my personal favorites—gratitude—expressed throughout the verses.

There is something beautiful that happens within the brain, body, and spirit when we begin our days professing our gratitude to our Creator. It is hard to harbor negative thoughts and feelings of bitterness, resentment, or contempt when we acknowledge that God is good (all the time).

What better way to celebrate rest than to pause and reflect on the many ways in which our relationship with our loving God gifts us with joy!

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