

**INTRODUCTION TO THE SPIRITUAL LIFE
SESSION ONE—DESERT SPIRITUALITY
INTIMATE DIALOG--PSALM 62:5-8**

**For God alone my soul waits in silence,
for my hope is from him.
He alone is my rock and my salvation,
my fortress; I shall not be shaken.
On God rests my deliverance and my honor;
my mighty rock, my refuge is in God.
Trust in him at all times, O people;
pour out your heart before him;
God is a refuge for us.**

(NRSV)

**Alone my soul awaits you in the silence, Lord,
for you alone are my whole hope and prayer.
You only are my saving rock,
a stronghold safe, unshaken, sure,
My safety, honor, and my refuge firm.
So put your trust in God all peoples everywhere,
pour out your hearts to God alone in prayer.**

(Ancient Songs Sung Anew: The Psalms as Poetry, Lynn C. Bauman)

(Source: Patricia Blakely for EDFP, Fall, 2004)