



Red de Mujeres y Justicia de Género de las Iglesias Luteranas de América Latina y el Caribe - FLM
Rede de Mulheres e Justiça de Gênero das Igrejas Luteranas da América Latina e Caribe - FLM
Women and Gender Justice Network of the Lutheran Churches of Latin America and the Caribbean - LWF

BIBLE STUDY 25

PSALM 129

Biblical rereading of Lutheran Women "Red Tend". Iglesia "Cristo", Mexican Lutheran Church, ILM.

Translation: Elisa Pérez Trejo.

The reading and study of the Psalms have helped us to work in our spiritual life and in these times of crisis is also helping us to rediscover ourselves.

Our woman's eyes have been surprised to look our lives reflected in these biblical writings.

We invite you to read Psalm 129 from your hearts, emotions and feelings and together we can observe what happens in this writing.

We believe that this is the testimony of a woman, who reviews her life, and dares to express in words how much she suffered. As it is a gradual chant, we consider that she writes it with a sad but ultimately a triumphant melody.

LET'S READ TOGETHER AND LISTEN:

Verse 2, "They have greatly oppressed me from my youth," these are words that resounded in our ears, for that is how many of us have felt, for many years.

Verse 3, "Plowmen have plowed my back and made their furrows long ", our bodies and the bodies of many women have been hurt, the marks of pain are visible in our bodies. When reading these words, we remember the violence, the burdens to which we have been subjected.

HOPE AND POSSIBILITY:

Verse 4, "The Lord has cut me free from the cords of the wicked", everything has an end and just as freedom can be found in the Lord same as the end of pain and oppression, we remember when we were able to free ourselves from situations of violence.

The possibility of breaking the silence, of running away, of understanding our confinement and daring to cut the tie that held us back.

Verses 6 and 7, "May they be like grass on the roof which withers before it can grow; a reaper cannot fill his hands with it", the possibility of being able to get up, yes, with a hurt back, but free and with dignity raised.

Their arms cannot be filled with our bodies, nor with our lives.

Our faces have lifted and we say, "Enough! Stop! No more! "; " You have hurt me so much, but I still have enough strength for you not to end me ".

REFLECTIONS:

In our country, we have a high number of femicides, many women have fallen this year. In their name we stand upright and with our voices aloud and together we say:



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“Stop the death of so many women! Stop gender violence ”

From this Psalm 129, Mexican Lutheran Women join with all the voices of all women in the world to make violence visible, but also to express that it is possible to get up and that we will not remain silent.

"Let's cut the bonds", let's talk. We are not alone !!!!