

BIBLE STUDY
September 24, 2018

THE BOOK OF PSALMS

1. Psalms are prayerful hymns/songs. They are personal prayers, prayers of the worship in the temple, prayers of the nation and prayers of the king.
2. They are hymns of praise, laments, royal psalms (about the king), wisdom psalms, liturgical psalms, and historical psalms.
3. The Church has always heard the voice of Jesus in the psalms. The psalms were Jesus prayer book in his life on earth.
4. Psalms are an important part of our liturgy: responsorial psalm and Liturgy of the Hours.

Praying the Psalms Thomas Merton 1956

The psalms are prayers that enable us to surrender ourselves to God. The psalms give us the peace that comes from submission to God's will and perfect confidence in him.

It is not so much what we get out of the psalms as what we put into them—our whole self.

let go, let God ... surrender ... living life on life's terms ... Serenity Prayer ... God's will, my acceptance my peace

Psalms 15, 34, 119

A luminous peace in the life of obedience

Psalms 16, 20, 25, 62, 112, 125

A poignant desire for God's peace

Psalm 40

The Gradual (Steps) Psalms-Songs for our Journey of Life

Psalms 112-134

Especially 121

Psalms in time of suffering

Psalms 13, 31

Psalms in time of injustice and calumny

Psalms 26, 54, 56

A psalm for help in affliction Psalm 28

Interior or spiritual trial

Psalms 63, 39, 41, 32, 55, 59

Suffering of a soul that thirsts for God

Psalm 42

Sufferings and struggles of society

Psalms 2, 10, 12, 14, 6, 53, 50, 52, 30, 83, 108

Penitential psalms

7, 32, 38, 51, 102, 130, 143

Psalms of Praise—these are the truest psalms because a psalm is a hymn of praise to God. We submit to God because he is good. We obey not merely for obedience but as a testimony to goodness of God himself. We praise him not only because he gives us good things but because praising him is our highest joy.

Praise brings joy: Psalms 16, 23, 33, 34

Praise brings Light: Psalms 27, 19, 123

Praise brings strength: Psalms 46, 142, 125

We unite ourselves with Jesus' suffering on the cross: Psalm 22

We celebrate his triumph: Psalm 110

We await his second coming: Psalms 96-100