

BIBLE STUDY
October 8, 2018

The Psalms

1. Prayer

- **Psalm 27: The Lord is my light and my salvation**
- What word, image, phrase jumps off page at you; grabs your attention?
- Why? What does it speak to in your life right now?
- What does this psalm move you to do?
- What would you like to say to God about this psalm and how it makes you feel?

2. Review:

- The psalms are the prayer book of the Bible.
- They were used as personal and communal prayers, especially in the liturgy of the temple in Jerusalem.
- Psalms express praise, lament, sorrow; they teach wisdom, pray for and acclaim the king.
- Jesus prayed the Psalms during his life time. The Church always hears the voice of Jesus when it prays the Psalms.
- Psalms are an important part of our liturgy. They are used as the responsorial psalms at Mass. They are the core of the Liturgy of the Hours, i.e. Office of Readings, Morning Prayer and Evening Prayer.

3. Prayer encompasses ADORATION, CONTRITION, THANKSGIVING, SUPPLICATION (ACTS)

- Adoration/Praise: Psalm 98
- Contrition/Sorrow for sin: Psalm 51
- Thanksgiving: Psalm 118
- Supplication/Petition: Psalm 86

4. Concluding Prayer

- **Psalm 150**

Hallelujah!
Praise God in his holy
sanctuary;
give praise in the mighty dome
of heaven.
Give praise for his mighty deeds
praise him for his great majesty.
Give praise with blasts upon the
horn
praise him with harp and lyre.

Give praise with tambourines
and dance,
praise him with strings and
pipes.
Give praise with crashing
cymbals,
praise him with sounding
cymbals.
Let everything that has breath
give praise to the LORD!
Hallelujah!