

# THE PSALMS

- Shows us how to pray and enables/teaches us how to approach God
  - Help us to lift up our hearts to the Lord
- Teach us that there is no pit that the love of God is not present
  - Reason why we repeatedly pray the Psalms
    - At Mass
    - During the Liturgy of the Hours/Divine Office (Morning Prayer, Daytime Prayer, Evening Prayer, Night Prayer)
- Words of the Psalms
  - A type of poetry
  - Metaphors and imagery
  - Words and acts of Christ
- Role of the Psalms is to put us in communication with God
  - There is movement throughout the Psalms
  - By the end of the Psalms, there is a shift where we allow the grace of God into our lives
- St. Augustine
  - “If the psalm prays, you pray; if it laments, you lament; if it exults, you rejoice; if it hopes, you hope; if it fears, you fear. Everything written here is a mirror for us.”
  - Christ’s prayers (particularly on the Cross) connects all of the faithful together
    - The whole Christ is that the Head suffers with his body, the Church. Therefore, when we pray psalms of lament, confession, and confusion, it is Christ who prays with us and in us to the Father.
      - “For the voice is that sweet voice, so well known to the ears of the Church, the voice of our Lord Jesus Christ, the voice of the church toiling, sojourning upon earth”
        - In reference to Psalm 58