

LITURGY BYTES

Oh Those Psalms!

The 150 psalms in the Bible are a precious legacy that Catholics have inherited from our spiritual ancestors. Did you know that all three of these religions, Jews, Christians, and Muslims, share in the psalms? For thousands of years believers throughout the world have prayed these songs of praise to express to God what was in their hearts.



Jesus prayed the psalms daily himself, so when we pray them we are using the very same words that Jesus used to commune with his heavenly Father. Many of the saints and martyrs died with the words of the psalms on their lips. Modern day great, Dorothy Day, is quoted as saying: “My strength returns to me with my morning cup of coffee and reading the psalms.” The Liturgy of the Hours has the psalms as its backbone, becoming increasingly popular with the faithful as Morning and Evening Prayer.

The psalms have been woven through our culture and history. Great composers have set psalms and psalm verses to music, such as Handel in his beautiful Messiah. Dante put psalm verses throughout the Divine Comedy. Prayer became part of our government in its forming days through Benjamin Franklin who proposed at the Constitutional Convention in 1787 that they begin all sessions with prayer. Astronaut Buzz Aldrin on the return space flight (in 1969) quoted Psalm 8:3-4: “*When I consider the heavens, the work of thy fingers, the moon and the stars, which though hast ordained; what is man that thou art mindful of him?*” The psalms are God’s response to our request, “Teach us to pray.” Doesn’t it make sense that God wants to hear from us so we may praise and love God, our Creator. Take a look at the Psalms for something different this week.

Have a blessed, healthy, and joyful week ahead!!~*Michele Hall*