

# Psalm

# Psalms in the Liturgy

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## Bible Novena Reflections

Speak Lord, for your servant is listening.

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### Verse References

- Ps 22: 2
  - Pss 113-118, 136
  - Ps 13
  - Pss 51, 130
  - Ps 89
  - Pss 100, 150
  - Matt: 6: 9-13
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### Personal Reflection

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Like other Jewish males of his time, Jesus memorized and prayed regularly with the Psalms. As you pray with the Psalms, recall that you are praying the same Psalms Jesus prayed. Put yourself in the time of Jesus as you pray. Where are you? What do you hear? What do you smell?

When you experience the various emotions of the Psalms, how can you pray for your brothers and sisters who are in the emotional place expressed by the Psalm even if you yourselves are not feeling that emotion at that time?

How can you make time to pray with the Psalms intentionally this week and build your spiritual muscles?

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"In the Book of Psalms there is profit for all, with healing power for our salvation. There is instruction from history, teaching from the law, prediction from prophecy, chastisement from denunciation, persuasion from moral preaching. All who read it may find the cure for their own individual failings. All with eyes to see can discover in it a complete gymnasium for the soul, a stadium for all the virtues, equipped for every kind of exercise; it is for each to choose the kind he judges best to help him gain the prize."

~St. Ambrose, *Explanation of the Psalms*

