



LISTENING THROUGH LENT

((A STUDY ON PRAYER))

The Psalms By Type

Psalms of Praise and Thanksgiving

9,29,30,33,40:1-11,65,66,67,92,95,
100, 103,107, 111, 113,116,117,124,
133,134,138, 145,147, 149, & 150

Creation Psalms

8,19:1-6,104, & 148

Salvation History Psalms

78,105,106,135, & 136

Psalms Proclaiming the Lord as King

47,68,89,93,96,97, & 99

Hymns of Zion (Praise of Jerusalem)

46,48,76,87,132, & 144

Royal Psalms (Featuring King of Israel)

2,18,20,21,45,72,101, & 110

Individual Psalms of Lament

3,5,6,7,10,13,17,22,25,28,35,38,39,41,
42,43,51,54,55,56,57,59,61,64,69,70,
71,86,88,102,109,120,130,139,140,
141,142 & 143

Community Psalms of Lament

12,44,58,60,74,79,80,83,85,89,90,94,129,
94,129, & 137

Psalms of Trust

4,11,16,23,26,27,31,62,63,91,121,
125,131, & 146

Torah Psalms

19:7-14 & 119

Wisdom Psalms

1,34,36,37,49,73,112,127 & 128

Liturgical Psalms

15,24,81,84,115,118,122, & 136

Psalms of Mixed Types (Difficult to Classify)

14,32,50,53,75,82,108,114,123, & 126

Psalms for Personal Meditation

Take ten to fifteen minutes individually to read and meditate upon one of the following Psalm passages. Select one of the Psalm passages. You may want to select a familiar one in order to receive new insights and blessings. Or you may prefer to select an unfamiliar passage, so that you may approach it from a fresh perspective and be open to receive the surprises contained therein. Be willing to spend the next ten to fifteen meditating upon the Psalm of your choice.

1. Psalm 11:1-7 "I trust in the Lord for safety."
2. Psalm 16:1-11 "You, Lord, are all I have."
3. Psalm 23:1-6 "The Lord is my shepherd."
4. Psalm 32:1-11 "Happy are those whose sins are forgiven."
5. Psalm 62:1-12 "[God] alone protects and saves me."
6. Psalm 63:1-8 "O God ... My whole being desires you."
7. Psalm 86:1-13a "Teach me, Lord, what you want me to do."
8. Psalm 121:1-8 "My help will come from the Lord."

Read the passage in quiet and privacy. Read every word, pausing when necessary in order to let each word present itself to you. Read the words as if you had never read or heard them before. Be open to new insights that may come. Consider some or all of the following questions.

1. What one word, phrase, or verse speaks most loudly to you? Read that portion of the passage again and again.
2. What experience of the Psalmist seems to be most distant from your experience? Why?
3. What experience of the Psalmist do you identify with the most closely? Why?
4. What feelings are expressed by the Psalmist? How do these feelings compare with feelings you have had in your relationship with God?
5. If you were to add your own words to the words of the Psalmist, what would those words be?

Five Psalm Prayers

1. Loneliness—Psalm 31
2. Peace—Psalm 32
3. Joy—Psalm 103
4. Security—Psalm 121
5. Gratitude—Psalm 138

Matching the Psalms

Read the lines from Psalms in the Left Column. Look for the name of a psalm type in the right column that matches the quote. Place the appropriate number in the blank.

<u>Words from Representative Psalms</u>	<u>Psalm Type</u>
1. "The Lord is great and is to be highly praised in the city of our God, on his sacred hill" (Psalm 48:1)	_____ Psalms of Praise and Thanksgiving
2. "You have rejected us, God, and defeated us; you have been angry with us—" (Psalm 60:1)	_____ Creation Psalms
3. "The king is glad, O Lord, because you gave him strength; he rejoices because you made him victorious" Psalm 21:1)	_____ Salvation History Psalm
4. "Teach me, Lord, the meaning of your laws, and I will obey them at all times."	_____ Psalms of the Lord As King
5. "Sing a new song to him, play the harp with skill, and shout for joy!" (Psalm 33:3)	_____ Hymns of Zion (Praise of Jerusalem)
6. "I wait patiently for God to save me; I depend of God alone." (Psalm 62:1).	_____ Royal Psalms (the King of Israel)
7. "Light shines in the darkness for good men, for those who are merciful, kind, and just" (Psalm 112:4)	_____ Individual Psalms of Lament
8. "He [the Lord] sits on his throne ... and the earth shakes" (Psalm 99:1).	_____ Community Psalms of Lament
9. "You have set the earth firmly on its foundations, and it will never be moved." (Psalm 104:5)	_____ Psalms of Trust
10. "Let the people of Israel say, 'His love is eternal.' Let the priests of God say, 'His love is eternal.' Let all who worship say, 'His love is eternal.' " (Psalm 118:2-4)	_____ Torah Psalms
11. "My God, my God, why have you abandoned me?" (Psalm 22:1)	_____ Wisdom Psalms
12. "Our ancestors in Egypt did not understand God's wonderful acts; they forgot the many times God showed them his love" (Psalm 106:7)	_____ Liturgical Psalms