

PRAYING THE PSALMS

The book of Psalms contains 150 poems meant to be heard out loud and maybe set to music as part of a religious service. Traditionally, they were thought to have been written by David, but modern scholars tend to think that they were composed by many different individuals over the course of many years.

Psalms of praise generally focus on the nature of God and not on specific things He has done. They tell about God's attributes and encourage the believer to praise Him for his goodness, righteousness, judgement, and wisdom. They often refer to playing music or singing and rejoicing.

Psalms of wisdom contain teachings and wise advice that are similar to the book of Proverbs, but in the form of a psalm. In studying the Psalms, we must remember that they were originally intended to be heard aloud, and perhaps set to music. These general principles are meant to instruct believers on how to live a Godly life.

Royal Psalms express the belief that God does His will and good works through the authority a king. Sometimes, royal Psalms celebrate the coronation or good works of an earthly king. Other Psalms compare God to an earthly king and even point to the coming of God's son, Jesus.

Psalms of thanksgiving offer the believer's praise and thanksgiving for what God has done for him or her. Sometimes this is a specific good that God has granted, but sometimes thanksgiving for God's goodness in general.

Psalms of lament respond to a crisis, grief, or despair. They are intended to move a believer from hurt to joy. This type of Psalm expresses that God is present even when human beings cannot discern His presence in the world due to their own sufferings.

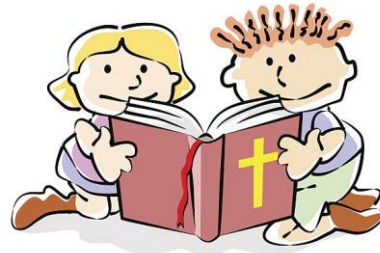
Adoration prayers express the believer's love of God and reverence for His goodness, wisdom, might, power, love, awe-inspiring nature. This is sometimes considered the purest and highest form of prayer.

Contrition prayers express sorrow for sins that the believer has committed. They are an important part of Catholic history, often used in the sacrament of penance.

Prayers of thanksgiving express the believer's gratitude to God for specific blessings He has given to the individual or humanity, or for His goodness, holiness, and strength.

Prayers of supplication express the believer's wish that God provide him or her with something he or she needs or desires. This is the most common form of prayer. Often a prayer of supplication requests health and healing for the sick.

12 Psalms for Meditation



1. 16 Protect me O God
I feel secure with God.
2. 23 The Lord is my shepherd
God does not want us to be worried and fearful. He wants us to rest in him.
3. 27 The Lord is my light and my salvation
In his Word, God sheds light on the situations and circumstances of our life. Then he gives us advice so that we can be saved from learning everything the hard way.
4. 40 I waited patiently for the Lord's help
How to speak and to live in order to grow STRONG in the Lord
5. 41 Happy are those who are concerned for the poor
A prayer for the poor and the sick
6. 46 God is our shelter and strength
God is always with us.
7. 67 God be merciful to us and bless us
A song of thanksgiving.
8. 89 I will always sing of your constant love
Mighty God you are always there for us.
9. 91 God is our comfort
The answer to fear is God! We should surround ourselves with God's protection
10. 138 I thank you Lord with all my heart
God is good. His love is eternal!
11. 148 Praise the Lord from the heavens
Everything that God made was created to Praise God!
12. 150 Praise the Lord !
Celebration and joy in praising God

<https://www.inspirational-prayers.com/list-of-psalms.html>