



Benefits of Praying the Psalms: a Means of Grace

History of the Psalms in the Life of God's People



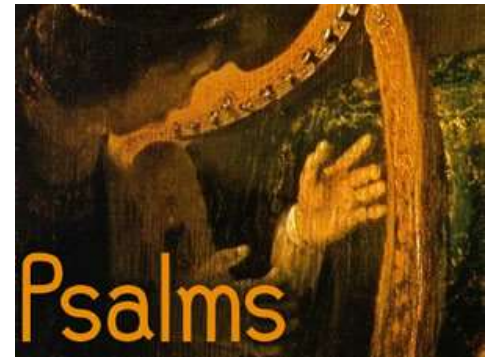
- Psalms in Temple Worship
- Psalms in the Synagogue
- From Synagogue to House Church
- The Post-Apostolic Church
- The Liturgy of the Hours
- Singing the Psalter
- Late Twentieth Century Psalm Singing

A Gift of Prayer— What to Pray



- Form a chain of prayer across the ages
- Vocabulary to pray, “I cry to you with my voice.”
- Evokes setting for God’s presence

Instruction in Prayer— How to Pray



- Each aspect of the Lord's prayer rooted in Psalmic tradition
- Tehellim—viewed from Hebrew as fundamentally praises
- Prayer Psalms center around the petition

Encouragement to Prayer— Why we pray



- Encourage us to speak the worst of life to God
- Give human finitude a place
- Helps process suffering
- Action taken against suffering
- Appeals for salvation