

On Praying the Psalms (Parts I and II)

I wish that the faithful in these parishes would learn to pray and to appreciate the Book of Psalms (the Psalter) found in the Old Testament. Since the first century, the Psalms of the Chosen People have become prayer book of the Church as well. Several of you have asked that I select a few psalms to help you begin this prayer discipline. Below is a partial list of selected Psalms. Because the numbers may vary (by 1) in older Bibles, a standard translation of the first line is included to help you identify the recommended psalm. You will find others to pray from the heart, according to your need: "Taste and see the goodness of the LORD."

- Psalm 1: "Blessed is the man, who walks not in the counsel of the wicked"
Psalm 6: "LORD, do not punish me in your anger"
Psalm 8: "How great is your Name, O LORD our God, through all the earth"
Ps 13: "How long, O LORD, will you forget me?"
Ps 14: "The fool has said in his heart, 'There is no god'
Ps 16: "Preserve me, God, I take refuge in You"
Ps 19: "The heavens proclaim the glory of God"
Ps 22: "My God, my God, why have you abandoned me?"
Ps 23: "The LORD is my shepherd, there is nothing I shall want"
Ps 27: "The LORD is my light and my salvation, whom shall I fear?"
Ps 32: "Happy the man whose offense is forgiven, whose sin is remitted"
Ps 34: "I will bless the LORD at all times, His praise always on my lips"
Ps 42: "As the deer yearns for running streams, so my heart longs for you, O God"

Ps 51: "Have mercy on my God, in your kindness"
Ps 63: "O God, you are my God, for you I long"
Ps 65: "To you our praise is due in Zion, O God"
Ps 69: "Save me, O God, for the water have risen to my neck"
Ps 73: "How good God is to Israel, to those who are pure of heart"
Ps 80: "O shepherd of Israel, hear us, you who lead Joseph's flock"
Ps 84: "How lovely is your dwelling place, LORD, God of hosts"
Ps 88: "LORD my God, I call for help by day; I cry at night before you"
Ps 90: "O LORD, you have been our refuge from one generation to the next"
Ps 92: "It is good to give thanks to the LORD"
Ps 95: "Come, ring out our joy to the LORD; hail the Rock who saves us"
Ps 98: "Sing a new song to the LORD, for He has worked wonders"

Ps 102: "O LORD, listen to my prayer, and let my cry for help reach you"
Ps 103: "My soul, give thanks to the LORD; all my being, bless His holy name"
Ps 104: "Bless the LORD, my soul; LORD God, how great you are"
Ps 107: "O give thanks to the LORD, for he is good; for His love endures for ever"
Ps 113: "Praise, O servants of the LORD, praise the name of the LORD!"
Ps 127: "If the LORD does not build the house, in vain do its builders labor"
Ps 128: "O blessed are those who fear the LORD, and walk in His ways"
Ps 130: "Out of the depths I cry to you, O LORD"
Ps 136: "Alleluia! O give thanks to the LORD for He is good, for His love endures for ever"
Ps 138: "I thank you, LORD, with all my heart"
Ps 139: "O LORD, you search me and you know me"
Ps 143: "LORD, listen to my prayer; turn your ear to my cry"
Ps 146: "Alleluia! My soul, give praise to the LORD"
Ps 150: "Alleluia! Praise God in His holy place, praise Him in His mighty heavens...
Let everything that lives and that breathes give praise to the LORD. Alleluia!"