

Thursday 21st January 2021

T: Can I create my
own Psalms?

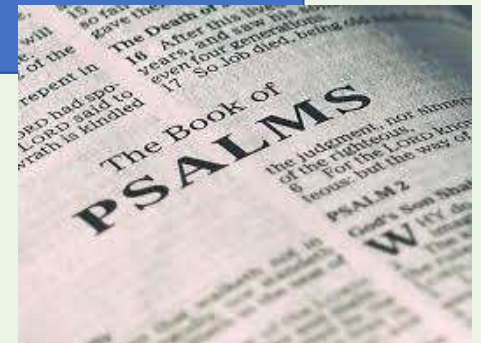


What is a Psalm?

Psalms, book of the Old Testament composed of sacred songs, or of sacred poems meant to be sung.

Psalms are a book of prayers of the Jewish people and that Jesus would have prayed many of these prayers.

Church uses the Psalms each day as part of its formal prayer which is called the Divine Office or the Liturgy of the Hours. Throughout the world priest, monks, religious and other people pray the psalms and other prayers at different hours of the day.



Psalm 139 - From this sketch, what do you think this Psalm is about?

<https://www.youtube.com/watch?v=la29YCeDyJA>

God Knows Everything

- 139** Lord, you have examined me.
You know all about me.
- ² You know when I sit down and when I get up.
You know my thoughts before I think them.
- ³ You know where I go and where I lie down.
You know well everything I do.
- ⁴ Lord, even before I say a word,
you already know what I am going to say.
- ⁵ You are all around me—in front and in back.
You have put your hand on me.
- ⁶ Your knowledge is amazing to me.
It is more than I can understand.
- ⁷ Where can I go to get away from your Spirit?
Where can I run from you?
- ⁸ If I go up to the skies, you are there.
If I lie down where the dead are, you are there.
- ⁹ If I rise with the sun in the east,
and settle in the west beyond the sea,

¹⁰ even there you would guide me.
With your right hand you would hold me.

¹¹ I could say, "The darkness will hide me.
The light around me will turn into night."

¹² But even the darkness is not dark to you.
The night is as light as the day.
Darkness and light are the same to you.

¹³ You made my whole being.
You formed me in my mother's body.

¹⁴ I praise you because you made me in an amazing and wonderful way.
What you have done is wonderful.
I know this very well.

¹⁵ You saw my bones being formed
as I took shape in my mother's body.

When I was put together there,
¹⁶ you saw my body as it was formed.

All the days planned for me
were written in your book
before I was one day old.

¹⁷ God, your thoughts are precious to me.
They are so many!

¹⁸ If I could count them,
they would be more than all the grains of sand.

When I wake up,
I am still with you.

God, see what is in my heart.

Know what is there.

Put me to the test.

Know what I'm thinking.

See if there's anything in my life you don't like.

Help me live in the way that is always right.

What does this Psalm tell you about the person and their relationship with God?

What does it tell you about how God knows the person?

Identify the words and phrases that they like the best and explain why they might be important.

TASK

You are going to write your OWN version of Psalm 139. Praising and giving thanks to how well God knows you!

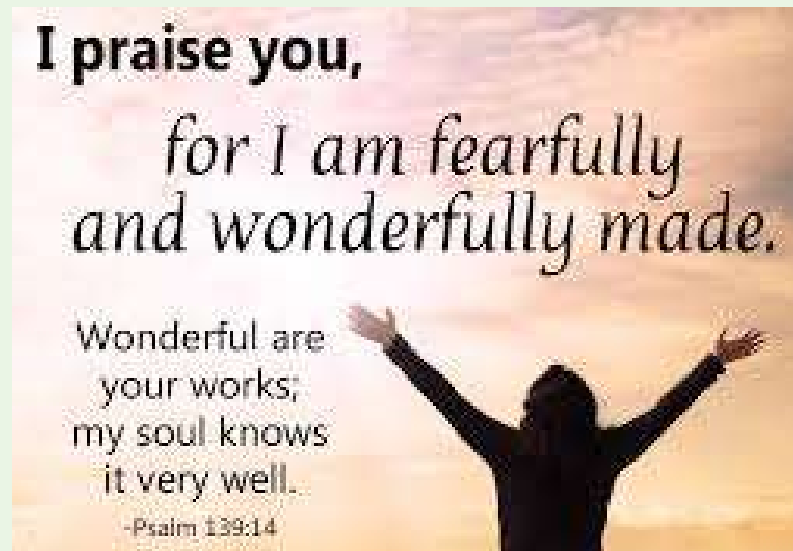


Challenge...

- 1) Write about WHY you have added the words and phrases that you have added.
- 2) Write about the importance of Psalms in the Mass.

Now...

CHALLENGE - Create an interpretive dance or drama about Psalm 139.



Reflection

In my opinion, I think Psalm 139 means that
