

Psalms of Praise and Thanksgiving



The Book of Psalms or the Psalter is a collection of hymns, prayers and poems which were born from the soulful experiences of a struggling and suffering people. What made them different from people elsewhere is their faith in an unfailing one God.

God communicated with His people through historical events and personalities like Noah and the flood, Moses and Exodus, prophets, kings and judges. Since Psalms came out from the hearts of people as a response to God's word and deed, it has a timeless or perennial appeal.



From a literary angle psalms are indeed great poetry that inspired a popular poet like H. W. Longfellow to write the “Psalm of Life”.

The Psalter is divided into five sections and each section concludes with a doxology or benediction. The Psalms contain 150 poems meant to be sung and both Jews and Christians use it as a hymn book for community worship and a prayer book for personal devotion.

In general, the Psalms are addressed to God. Some are songs of thanksgiving, by individuals or by groups. Some are hymns of praise to God.

The thanksgiving psalms are grateful responses to God for specific favour, like healing from illness, protection from an enemy or help during some trouble or trial.

Most of the Psalms of praise begin with a call to the people gathered together to praise the Lord for His power and majesty, His mercy and deeds of bounty in nature or in the history of Israel.

The Psalms invite us to be grateful and praise God for putting humans at the apex of all creation. They are a symbol of the love between God and His faithful people.



Word of God

Psalm 63

O God, you are my God, and I long for you. My whole being desires you; like a dry, worn-out, and waterless land, my soul is thirsty for you. Let me see you in the sanctuary; let me see how mighty and glorious you are. Your constant love is better than life itself, and so I will praise you.

I will give you thanks as long as I live; I will raise my hands to you in prayer. My soul will feast and be satisfied, and I will sing glad songs of praise to you.

As I lie in bed, I remember you; all night long I think of you, because you have always been my help. In the shadow of your wings I sing for joy. I cling to you, and your hand keeps me safe.

Those who are trying to kill me will go down into the world of the dead. They will be killed in battle, and their bodies eaten by wolves. Because God gives him victory, the king will rejoice. Those who make promises in God's name will praise him, but the mouths of liars will be shut.

Insight

Manorama Medhavi, Social Worker



Manorama Medhavi (1881-1921) was a social worker who started the first school for the visually impaired in India. Daughter of veteran missionary and Bible translator Pandita Ramabai, Manorama had learnt the Braille script when she was abroad. Manorama opened the

school for the blind at Kedgaon near Pune where she was working along with her mother. Manorama also opened a school for the girls at Gulbarga in Karnataka in 1913.

Notes

**Know
Now**

BOOK: Psalm Basics for Catholics: Seeing Salvation History in a New Way by John Bergsma. In his third back-to-basics look at the Bible, theology professor, best-selling Catholic author, and speaker John Bergsma highlights the presence of Jesus in the psalms and helps us understand their meaning in light of the story of salvation. He introduces us to King David, the story of Israel, and the salvation of the Jewish people through the coming of Jesus.

my TASK this week

To Watch

To Read

To Do



Scan For Help



Home

Read Psalm 91 with your family after the evening prayer, rosary and experience God's protection for your parents, brothers, sisters and yourself.