



Catholic Central Activity Guide

Episode 37: Psalms

Diving Deeper

- ▶ What are some ways that you can include the psalms in your daily prayer?
- ▶ Do any of the Psalms jump out at you as something you can relate to? Why?
- ▶ The psalms express “vertical emotions,” that is, feelings that we have towards God like joy, gratitude, desolation, serenity, etc. Which vertical emotion are you feeling now? Which do you usually feel?

Go Forth

- ▶ The Responsorial Psalm for every Sunday Mass is intentionally chosen by the Church to go with the First Reading. Read all of the Mass readings and the psalm for the upcoming Sunday. Identify the feeling (joy, gratitude, desolation, serenity, etc.) of the psalm, and explain why that particular psalm was chosen for the First Reading. Then think about how the reading and psalm speak to you.
- ▶ Do you know about the Liturgy of the Hours? It’s a series of prayers said at different times of the day. Start with just one of the hours (Morning Prayer, Evening Prayer, Night Prayer, etc.) and try to pray it every day for a week. Take note of what feeling each psalm is expressing. If you resonate with that feeling then pray that psalm with your whole heart, and if you don’t resonate with it then pray in solidarity with someone who is feeling that way.



Resources

- ▶ [iBreviary app for praying the Liturgy of the Hours](#)
- ▶ [USCCB Readings podcast](#)
- ▶ [The Bible Project video explanation of the Psalms](#)

