THE PSALMS

[LIBBY:](https://www.rev.com/transcript-editor/Edit?token=nK9LQhMsyt2_ePPwQ07fp2Av5KF-FYxZ9KeQbsmQqrtQIAkXA6UrcgrPTZJyVWm5-tzUXzYNIf7YwdBENCdFIdxRDGI&loadFrom=DocumentSpeakerNameDeeplink&ts=10.17) Hey, Kai. You OK?

EMO [KAI:](https://www.rev.com/transcript-editor/Edit?token=NrQf7oYDQm-NttKu_1FFRe0AUdwGIm5CrVLFy6cU-SLavtJAjAs1mwqFNuq4B44-BkUQC43UL5WFczRGgSAVnnzrU_Q&loadFrom=DocumentSpeakerNameDeeplink&ts=13.84) The only way I can express myself is through my art. No one understands me or knows what it's like to feel the way I do.

[LIBBY:](https://www.rev.com/transcript-editor/Edit?token=AZYF9M4pHNj5GTRioUl4ZWkXNVR2xr2spVd2UJ8UCBzBE07h_0nqA0vtL3-E5nLYlJ78VV8zfU1w0N3TPQQmD-R8peY&loadFrom=DocumentSpeakerNameDeeplink&ts=25.24) You mean like worn out from groaning, flooding your bed with tears, and feeling that your eyes are weak with sorrow?

EMO [KAI:](https://www.rev.com/transcript-editor/Edit?token=oLtiNsV9dx2avxvo6iIIhdVzwMUVvKX6vshIYXK7oUhSqGhdpr2ybmow9hhnCZPYkvCSYpdCd0tmNvxRwjWIaK-046s&loadFrom=DocumentSpeakerNameDeeplink&ts=32.89) Exactly. How did you know?

[LIBBY:](https://www.rev.com/transcript-editor/Edit?token=HS_0OKvtIMRXYeCKSK4rGbh4K3kk1GjRkLGoi1PwyVPpGs3LIYxvvfszacY75BSQkyOLN5-RCj5mTLvSmUUNUn3uMLI&loadFrom=DocumentSpeakerNameDeeplink&ts=36.26) Yeah, I hate to break it to you, but you're not that unique. That's from a psalm that's literally 3,000 years old.

EMO [KAI:](https://www.rev.com/transcript-editor/Edit?token=k6yXSsXP4hgbJaKuQm1ww91FwLO2S6ZxlWJC6Ni5iSLCui9UL0XQojcg6nf6FEFSsS7DBvgMUmghzgIsSx8gCLhuDQU&loadFrom=DocumentSpeakerNameDeeplink&ts=42.99) Don't leave me Libby. Does anyone have a Bible?

CATHOLIC CENTRAL OPENING TITLES

KAI: Hi, I'm Kai.

[LIBBY:](https://www.rev.com/transcript-editor/Edit?token=Fc0KM31C5tjg_sl79T7WWtBLcMAZRO9Fmv6zLT4K-yr1lH9iV91h7E3a3wTBmh2N3O71_wd9iOqJcIuXp3T4m8lhGVs&loadFrom=DocumentSpeakerNameDeeplink&ts=52.59) And I'm Libby.

[KAI:](https://www.rev.com/transcript-editor/Edit?token=xSXp9pG0nsGhVN43yLyRdN-smguiSgzKNIDQhfEldlcop-40u6Udny3fJ4igpfQAC6-iduaKB10HnbL96uqzrvTmPEE&loadFrom=DocumentSpeakerNameDeeplink&ts=53.36) Today we'll be talking about the Psalms, a k a the time at Mass when the cantor looks like she's landing a fighter jet.

[LIBBY:](https://www.rev.com/transcript-editor/Edit?token=eNLHM08bmrhVCh5ltVZzHnc77xyjc-LIjCAR6nqVrByYDzCO_A1uphw0LTNp2PxsiwTULqCnIyvYMB4053xOGUyAU18&loadFrom=DocumentSpeakerNameDeeplink&ts=59.07) Well, the Psalms were composed and edited over hundreds of years by God's chosen people. King David is believed to have written a majority of them.

[KAI:](https://www.rev.com/transcript-editor/Edit?token=H-0dWeWOrWJo0y3_6iw197uMHu5_-STr6MYy9m75NnWGPhttCAEGJsTI220MNQaxdPKtK6Fzjf7YrECy9gtM7SmUNs0&loadFrom=DocumentSpeakerNameDeeplink&ts=65.71) That same King David who killed Goliath with a slingshot and hooked up with Bathsheba.

[LIBBY:](https://www.rev.com/transcript-editor/Edit?token=WGyZVqqKd749MNQKgUdqZPvffjAdDkSJpgqgNxbRc2ve6fnTEVvF__vKQKIdq89dQWLchE1y7eDUBDawa5bfXKzbYew&loadFrom=DocumentSpeakerNameDeeplink&ts=70.01) The Psalms have always been a central part of Jewish worship. As a matter of fact, the cantor, who is second only to the rabbi in most Jewish services, actually sings the Psalms.

[KAI:](https://www.rev.com/transcript-editor/Edit?token=Nbw2o22H5hJKjSDzdmy_6Y1i35II0cwtWCIvaUsHyXzVMXdUmL1zJKbHX5dysqJlivSJWQ-2t1tM9xOCmDv1IJVGJnA&loadFrom=DocumentSpeakerNameDeeplink&ts=79.46) And since Jesus was a practicing Jew, He knew the Psalms very well.

[LIBBY:](https://www.rev.com/transcript-editor/Edit?token=eNJSblGaBAzCqQJalEJ8wX1kTAb0yuA1DvuNbjVmoX9bnWvREGEQYouTrf2VIjqXbxOdWuUtEB67PgVXpbI6y0sQB1Q&loadFrom=DocumentSpeakerNameDeeplink&ts=83.05) Not only did Jesus know the Psalms, He would have read and prayed them every day as part of His personal prayer.

[KAI:](https://www.rev.com/transcript-editor/Edit?token=fcw60J_Bg7RWbghQ8ecdNSvyVRWm1wIqPs_BthD3gbaTQC-JotGqPZax_P9MzzpwQefKKlnTHCH6HJ0L49bhj8IC7_g&loadFrom=DocumentSpeakerNameDeeplink&ts=88.73) So it makes sense that during His public ministry, Jesus often quoted the Old Testament and quoted the Psalms the most.

[LIBBY:](https://www.rev.com/transcript-editor/Edit?token=fE-gnoUu6N3mBriKFOVN3nnzb2Xuciylg8SjaWD7bNCL3rQZMWvlBaaIW4t79Ti3vfhrBXGG82ZNA1i5Jlgcrb1NyhQ&loadFrom=DocumentSpeakerNameDeeplink&ts=94.58) He prayed the Psalms even from the cross. "My God, my God, why have you forsaken me?" As well as, "Father, into your hands I commend my spirit."

[KAI:](https://www.rev.com/transcript-editor/Edit?token=9AyPCophoRkLWKm0qQPU7tMAsq_BTHotc-jKcpBYIEo7qd8YCbZe34T12ZE77Buna232iwFEqLRpMSlyh7Fltzq7d5o&loadFrom=DocumentSpeakerNameDeeplink&ts=103.09) Jesus was so perfectly united to God's will for Him that His final words were the word of God from the Psalms.

[LIBBY:](https://www.rev.com/transcript-editor/Edit?token=ncRkG2YlhOa7_Z0zx1JKzXQ7oMFlbNkcHIwO4U_7_IqcQmVR7XGb08SBqpQ3Fe5kRKGR10Az5bNvQvhg34w1ZITfQcI&loadFrom=DocumentSpeakerNameDeeplink&ts=108.87) So the Psalms serve as one of the ways we can imitate the life of Christ. As Jesus prayed the Psalms, we gradually become more like Him when we pray like Him.

[KAI:](https://www.rev.com/transcript-editor/Edit?token=jNH3OTc0BPuAhZQGo-tgf9IPv6R4yUfCFSHQX6oQy-8OxKCgEbiL24BFvbXWwz9gFoz05gyBL-93_C7RBgIrHERyjYA&loadFrom=DocumentSpeakerNameDeeplink&ts=116.77) Another important thing to note about the Psalms is that they come from different literary forms. Each one can help us in different moments in our lives.

[LIBBY:](https://www.rev.com/transcript-editor/Edit?token=o0jCC-P8POT75iQedkYBYWu6TDDugPFTyCSsbsMA4zIddv_rYPKvzyba9L2Aa3s0_vnU4YP4bCQTVqHI57T5otltnZE&loadFrom=DocumentSpeakerNameDeeplink&ts=124.23) Since psalms are used for worship, they were sung as actual hymns.

ROCKER LIBBY SINGS

ROCKER LIBBY:

I think that's good.

LIBBY: Hymns connect to certain emotions the listener might be going through. In that case, joy.

[KAI:](https://www.rev.com/transcript-editor/Edit?token=1kjnSZdkNigfEYXdgkh8PlMjQzrRx3_4wRBelv4CN3TXCSTnvKT1FWKvLiFuxCg8mDuJ0MPLoGrckKIRNQr6wf90N58&loadFrom=DocumentSpeakerNameDeeplink&ts=147.92) In addition to hymn songs, there are thanksgiving psalms. “I sing endless praise to you, oh Lord, my God. Forever I will give you thanks.”

[LIBBY:](https://www.rev.com/transcript-editor/Edit?token=vSN-4NsP_AsjfHUWZDClqMxvdsHz1EL6Px3k0_Bfy9c_TpWAb4Pe23zHFkLGa4x5db_dzBJJ1kqsbPzqvnC2lwxfG5M&loadFrom=DocumentSpeakerNameDeeplink&ts=157.27) Thanksgiving psalms are when the psalmist gives thanks for being rescued from a situation or for a blessing in their life.

[KAI:](https://www.rev.com/transcript-editor/Edit?token=AnL0G26CUnk0ndv5nHrOVGq4c4TCwnAayLn106DKhV-MhY8qd3Rs4qezr398wh6QV0n9_5XC9iCZ16POhRTP0xOR4OI&loadFrom=DocumentSpeakerNameDeeplink&ts=162.89) So then hymns of thanksgiving express gratitude, something we should be attuned to every day of our lives, not just on Turkey Day.

[LIBBY:](https://www.rev.com/transcript-editor/Edit?token=XDAxArPZQTKRKbe-rMLnHG5XPvC4ti6JJWZArOxwZQtTsF51Ys0WExpJne99y4PWL6Rbr_Ol6MdJSFYjQS0iUm2Nd64&loadFrom=DocumentSpeakerNameDeeplink&ts=169.57) And then there are the lament psalms, the most popular psalms. They deal with the writer acknowledging vulnerability, suffering, or a potential moment of grief.

EMO [KAI:](https://www.rev.com/transcript-editor/Edit?token=wE4IOyj6jqKVl6WMlxDHyNhLoFSzDeTemAUCE-YuT_d6QsbARo-7qxaTl_-4Mcq53cDznk1ufn_vLnRVoUWdzad0PWY&loadFrom=DocumentSpeakerNameDeeplink&ts=177.72) “Your wrath has swept over me. Your terrors have reduced me to silence. All the day they surge round me like a flood, from every side they close in on me. Because of you, companions shun me. My only friend is darkness.”

[LIBBY:](https://www.rev.com/transcript-editor/Edit?token=zuITQ6FFTpOsBw8cxJGtYW3xjPGFKsaY3Cl9E3-b4STyZiRikiU3NlezfHQHpnEg3NxLtUGBJg_SCR1h_9oajCJV5S4&loadFrom=DocumentSpeakerNameDeeplink&ts=201.38) Maybe a wisdom/Torah psalm will put you in a better mood.

[KAI:](https://www.rev.com/transcript-editor/Edit?token=bcz1BsjyBvoV2WcQjw4BlTcdAJYTW0Un3nTqrh2GmrGL4aen9Sov8UeY-uqJP5YgfwHuvrBfl6ngsN57kgF5_OE6LvI&loadFrom=DocumentSpeakerNameDeeplink&ts=204.41) Ah, the wisdom/Torah psalms, the last main literary form.

[LIBBY:](https://www.rev.com/transcript-editor/Edit?token=75Rcdyp0t5QPiOXIl8tkrK-dI_aO4wJrXHr8I2XJtQ88vWOtSFSUQGCxVBfN4JBR0Ug0mTgglJb7up9Bknba_Ltf0z8&loadFrom=DocumentSpeakerNameDeeplink&ts=207.86) These psalms talk about God's justice and the value of faithfulness to the law.

[KAI:](https://www.rev.com/transcript-editor/Edit?token=ydW94OlRuK0Bu-NG6qv-yg8Ao8FkzU8ZuU0EQc7hUsz9fFYPSbrYcKv1Qc1PQL7eT5FczQpVOI6mRoaNgqR21KsM8jM&loadFrom=DocumentSpeakerNameDeeplink&ts=212.08) So if you're in a contemplative mood and want to take a serene trip in your mind, a Torah psalm might be best for you. “Refrain from anger, abandon wrath. Do not be provoked. It brings only harm. Those who do evil will be cut off. Those who wait for the Lord will inherit the earth.”

[LIBBY:](https://www.rev.com/transcript-editor/Edit?token=S-K65JufelEvtorKFFQIVgVEDZP1pGfnEthRvZccI47OfcpxLov2eQsfVLjQwf4MppPhjyhkjIqr-my-81HyQ5N6aJQ&loadFrom=DocumentSpeakerNameDeeplink&ts=229.68) Each of these types of psalms has special relevance at different moments in life. No matter what you're going through at any given time, there's a psalm you can probably relate to.

INSTAGRAM STAR LIBBY:

But guys, my life is so hashtag #blessed. I literally can't even possibly know what it's like to have darkness as my only hashtag #friend. What?

[KAI:](https://www.rev.com/transcript-editor/Edit?token=UutiqHH4q62e5lEdYu85kSgORrQy3yv_3GbqsnKPRsfmgXxry_khWFyqdpfwYnTRAnmIpPCEz9BUASLOo-LYkJPoRcs&loadFrom=DocumentSpeakerNameDeeplink&ts=250.05) Well, just because you're not experiencing the particular emotion the psalm expresses, you probably have felt that way at some point and it's a pretty safe bet that there's at least one person in the world who feels that way now.

[LIBBY:](https://www.rev.com/transcript-editor/Edit?token=cC8K1wX3X78_kRDlgFYL9ZoCVBns9BSgVpIYdznxQ1d1OyYbBbFVNL-WQoqR10P4UOzBbLMlSaxEo1EpRya3VbrnRbY&loadFrom=DocumentSpeakerNameDeeplink&ts=261.65) Which makes it easier to follow Jesus' command to pray for the world. Being able to empathize with what people are going through helps us pray for them.

[KAI:](https://www.rev.com/transcript-editor/Edit?token=6WdwmczmOiCaWB9rZBxhWrFl2GmGXF51zFRvNRdVRXybuoLzU94LoyiJG8dJXaMMMGnyeM2Mii9SaThATVXtsNmtCA8&loadFrom=DocumentSpeakerNameDeeplink&ts=269.05) On that note, let's empathize with the people who want this episode to be over.

[LIBBY:](https://www.rev.com/transcript-editor/Edit?token=InuTB14WeLJGEG91qRbRccUEdj1d81nyyrFkX3y7gW0dsW2GoUbRybZzDpSreiZQR43U_qOUosLckTlEQ1UZnDylqdU&loadFrom=DocumentSpeakerNameDeeplink&ts=272.53) I'm Libby.

[KAI:](https://www.rev.com/transcript-editor/Edit?token=u__u7HnPmfoXtRMMOqauhf3hvbPu6mwTVgBXJZCnF0A3GDZK09eyUiyn2gK8zBlEkX_WDa5XwhPrDp_Kvc-N_FMZcFM&loadFrom=DocumentSpeakerNameDeeplink&ts=273.16) And I'm Kai. Drop us a comment with your favorite psalm below.

[LIBBY:](https://www.rev.com/transcript-editor/Edit?token=b6ltOTqUjNC_-sfrUF8UDdJXNJ7aziO2Rjywrzub-LjIAVGTOQRRrVdDCEe_UqOWGg_GhQ74nE5sAnino1_5hhzADUU&loadFrom=DocumentSpeakerNameDeeplink&ts=276.28) Check us out at CatholicCentral.com for more resources.

EMO [KAI:](https://www.rev.com/transcript-editor/Edit?token=AeY04O0xjF_DbmBrDYjXP1ptDFRhmy6KXT0c7tVCHcMHrW-1EW2Bx3caeYtUtOK_00TLtjXbYLEIdeDv69lRH6XfvqM&loadFrom=DocumentSpeakerNameDeeplink&ts=295.38) Don't leave me like this. I need a Bible.

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