

St. Therese Adult Study Series
The Book Psalms with Father Andrie

Reflection Questions for Chapter 6

For the next session on October 13th, please read Chapter 6-Book I of Psalms pages 57-70 in *Psalm Basics for Catholics* book. Begin with this or another prayer of your choice: *"Lord Jesus, as I look back on these past several weeks, help me to see that in every circumstance, you are behind me all the way. With October, autumn becomes a time of reaping where seed was sown. Through this season of change, please help me to more closely follow your way and bear fruit from the seeds of faith within me. Amen."*

<https://www.heartofthenation.org/daily-prayers> Your reflections will be shared **October 13th** in your small group. Your group may not get to all the questions. Allow the Holy Spirit to guide you to those questions most important for your group.

Psalms 1-2 stand apart from the rest of Book I. Their authorship is anonymous. Psalm 1 celebrates the one who meditates on the Torah. In a way, that could suggest it is like a new Torah (torah=teaching) that will teach God's people to wholeheartedly pray as they obey the first Torah (1st five books of the Bible containing the foundational laws of Judaism). Psalm 2 reflects on God's promise to King David (2 Samuel 7:1-17) and the blessings given to those who take refuge with him.

1. Pg. 58 We read about five ways to handle hardships in our own lives. Which one speaks to you? Why?

2. Pg. 59-61 Read Matthew 5:3-12, the Beatitudes. Considering the Beatitudes, how do they help you feel more closely connected to Jesus especially in times of trouble?

3. Pg. 63 The author writes of the difficulty translating Psalm 8:4-5. Of the four choices he gives, does one resonate more clearly for you? Why?

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4. Pg. 64-67 List the ways Psalm 22 prophesies Christ's Passion.

5. Pg. 67-69 Psalm 23, a favorite of many, explores the image of a shepherd caring for a flock. What connections do you see between that care and God's lavishing care for David.

6. Pg. 69 "Psalm 23 was the favorite text of the Fathers for teaching about the sacraments." How do you see the Sacraments reflected in this Psalm?

What else stood out for you in this chapter?

For your personal application

Bring one or more of the discussed Psalms with you during your prayer time this week. Consider praying through the Psalm as though it is your own words.