

Psalms, the Prayers of Jesus

Keep these ideas in mind as you study **Unit 3, Session 12**.

The Book of Psalms is a collection of 150 sacred songs and poems that are models for how we can pray. The Liturgy of the Hours includes specific prayers to say at different times of the day.

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When we pray the same prayer or psalm together with other members of the Church, we join in communal prayer. Personal prayers are our own private conversations with God.

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Several books in the Old Testament explore the meaning of life and give us practical advice for everyday living. These are known as Wisdom Literature.

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Ecclesiastes is a book that explores the meaning of human existence. The Book of Proverbs contains short, poetic advice for everyday life.

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The Book of Sirach has poetic verses about duty, humility, and the law. The Wisdom of Solomon has poetic verses about justice and wisdom.

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The Book of Job is one man's story that explores the meaning of suffering. The Song of Songs is a love poem with many meanings.

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Mary, who trusted God with perfect obedience, is called the Seat of Wisdom.

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Jacob sacrificed to protect his sheep as God cares for and protects us.

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Psalm 23 presents God as a shepherd with the beginning words "The Lord is my shepherd." It reminds us that God is there to protect us no matter what troubles we may encounter.

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