

Observations for reading/praying the Psalms:

1. All of life is gathered up on the Psalms.
2. But not gathered up in a nice, neat order.
3. Freed to express the full range of human emotion.
4. Gathered together into Five Books
in response to the Five Books of Torah

i.e. pray is response to God speaking
5. The first two Psalms are not prayers.

They help us to pray.

Psalm 1 – helps us “center,” “settle down”

Turn us from all the words we constantly hear,
to the One Word we need to hear.

Turn us from one action to another action:
Walk, stand, sit
Meditate on Torah

Psalm 2 – helps us by putting things into perspective

All that threatens us about which we will pray
is not ultimate

God has set established His King;
He rules over it all.

6. The God to whom we pray has a Name.

LORD = Yahweh

“I am with you and for you.”

7. The God to whom we pray hears us.