

## Faith Summary

The Book of Psalms and the Wisdom Literature contain prayers that help us express the real problems and joys in life. Sometimes we pray with others, through communal prayer, and sometimes we pray alone, through personal prayer.

### Words I Learned

communal prayer

personal prayer

Liturgy of the Hours

Wisdom Literature



*Psalm 100*, Laura James, 2004, acrylic on canvas

### Ways of Being Like Jesus

As a Jewish boy, Jesus learned to read the books of the Old Testament and probably memorized many of the psalms. *Pray the psalms and pray the same words that Jesus prayed.*



### Prayer

*Father God, thank you for giving us the psalms as prayers to help us communicate with you about the struggles and pleasures of life.*



### With My Family

**Activity** Choose a psalm for your family to study and pray for the week. At the last meal of the week, pray the psalm together and discuss it.

**Faith on the Go** Ask one another: *What is your favorite way to talk with God?*

**Family Prayer** *Heavenly Father, grant us wisdom to face all of life's challenges.*