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.

PAGE 70

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.

PAGE 70

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.

PAGE 71

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

PAGE 71

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

PAGE 71

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.

PAGE 71

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

PAGE 71

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

ART PRINT 12

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.

ART PRINT 12

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