*Advent – Great Adventure - Psalms*

*David – David & the Psalms,* Fr. J. Ponessa

*Fathers – Praying the Psalms with the Holy Fathers,* P. Celano

*SK = Chinese Bible*

*SN = Special Notes*

*CCC= Catholic Catechism*

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| **A** | **Psalms are Poems that Express One’s Thirst for God*** “The desire for God is written in the human heart, … Only in God will he find the truth and happiness he never stops searching for.” “Restless is our heart until it comes to rest in thee.” The Psalms help us to express this desire and direct it to God, who alone can truly satisfy.
* Jesus is the only living water that may satisfy our thirst once and for all; however, humans choose to reject this gift of living water, toiling day and night to find only a poor substitute that doesn’t satisfy. Committing sin is “chattath” (Hb), “hamartia” (Gk) = missing the mark. This is exemplified in the motif of “cistern” throughout Scripture (50 entries about cistern).
 | QS6p41, CCC27St. Augustine, *Confession*, I.1QS6p41, RS6-Q9Jer 2:13, Jn 4:1-15, 7:37 |
| **B** | **Thirsting for God V.S. Not Thirsting for God*** Thirsting for the fountain of living water v.s. one who is blinded by worldly substitues – Psalm 1: Blessed are the one who loves God’s law and mediates God’s commandments day and night. This person’s living water is God’s law and commandments, so that, “like a tree planted by a stream, the one who delights in and mediates on God’s word is rooted into an endless source of live, fulfillment, and fruitfulness.”
* How does the fountain satisfy one’s thirst? – Ps 36:7-9 – We find “refuge and abundance” under “the shadow of [God’s] wings”. All our needs are met in Him: refuge by presence; hunger by feasting; thirsting by drinking delights”. With him is “the fountain of life” and the experience of light”. Therefore, the Lord says He “came that they may have life, and have it abundantly” (Jn 10:10).

  | RS6Q2RS6Q3 |
| **C** | **How does the Psalms Express the Thirst for God?*** Ps 42:2-3 – Like a “hart” longing for a flowing stream”: this is not only a desire, but also a need.

Background of Ps 63: The wilderness of Judea. The wilderness (the world), arid and bleak, represents one’s desperate thirst for God (truth). “I seek you … my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water.”* Ps 63: Where to find? (see red letters) How to find? (see blue letters)
 | RS6Q4RS6Q5RS6Q5 |
| **D** | **Finding Satisfaction in God*** Ps 37:45: “Take delight in the Lord, and he will give you the desires of your heart”. Delighting in the Lord is a choice; a choice that satisfies your deepest desire since God turns your desire to His will.
* Ps 34:10: “… those who seek the Lord lack no good thing”. Those who fear the Lord will lack nothing because they turn their back against evil and turn the face towards goodness in order to live in the truth, “and the truth will set you free” (Jn 8:32).
* Ps 34:10-16: Instructions for those who fear the Lord (see blue letters)
* Ps 34:10-16: The lifestyle contrasts the worldly philosophy of “Let us eat and drink, for tomorrow we die” (1Cor 15:32); an attitude of , “if it feels good, do it”. The former finds its satisfaction in God, the path of live; while the latter leads one directly to hell.
* Ps 19:8-12: As one thirsts for God, one finds satisfaction in God’s words (see blue letters). The strength of His words (see red letters) are sweeter than honey and better than God.
 | RS6Q6RS6Q6RS6Q7RS6Q7RS6Q8 |