*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** | **The Lament Psalms direct our Pleas for Help*** Life is filled with challenges, suffering, and struggles. How should Christians face them?
* Following the Jacob’s example – To each other: relies on human power (Gen 32); to God: wrestles with God until he receives His blessing, “I will not let you go, unless you bless me” (Gen 32:26). The lament psalms offer wisdom, faith, hope, and fortitude during difficult times.
* Almost a third of the psalms consist of psalms of lament. We’ll only look at Ps 13, 88, 3.
 | QS8 p55 |
| **B** | **Take a Deeper Look at Lament Psalms*** Our human existence is insignificant when compared to God’s infinity. This helps us to understanding our suffering and life’s obstacles (Ps 90). JPII: Life is brief and humans are like ashes as one’s life swiftly passes by from life to death. “Help us to count our days aright so that we may achieve wisdom of the heart”. Through the lament psalms, we may understand our suffering and able to move from distress to hope in the Lord. They also give a deeper meaning to the mystery of life, “so that we may rejoice and be glad all our days”.
* Ps 137: How to read psalms that call for revenge?
 | *Fathers* p84-89QS8 p57 |
| **C** | **Pleading for God’s Help through the Lament Psalms*** Ps 13 contains the main features of a typical lament psalm. It is divided into three parts: 1) Plight (vss 2-3); 2) Petition (vss 4-5); and 3) Praise (vs 6).
 | RS8Q4 |
| **D** | **The Basis of the Psalmists’ Appeal to God*** Psalms 1 and 2, outlining the basis of the psalmists’ appeal, provides an overview and guideline to the whole collection.
* Psalm 1 sets out the relationship of godly and wicked people to God, and the relative ends of their ways. Psalm 2 shows God’s control over the nations and establishes the basis of Israel’s favor in God’s covenant promise to them, and his establishment of his king in Zion. This becomes the source of hope to those in need.
* The fact that God is firm and unchanging and who He is will never change offers ground for hope in all kinds of uncertainty and difficulty. The collection praises God’s goodness and might.
 | RS8Q5RS8Q6 |
| **E** | **What to do When We are in Desperate Straits*** Psalm 88 describes those who feel forsaken and forgotten, cut off from the hand of God as they have forgotten His saving help and love. They fail to find words to praise God. However, the strength of one’s perseverance and remembrance of God is sufficient for God’s salvation to take effect. Therefore, following Jacob’s example: “I will not let you go, unless you bless me” (Gen 32:26)
 | RS8Q7 |
| **F** | **David’s Plea against his Son Absalom*** Background
* Psalm 3, contains David’s plea, follows the structure of a typical lament psalm.
 | *David* p 1092Sam 13-19 |