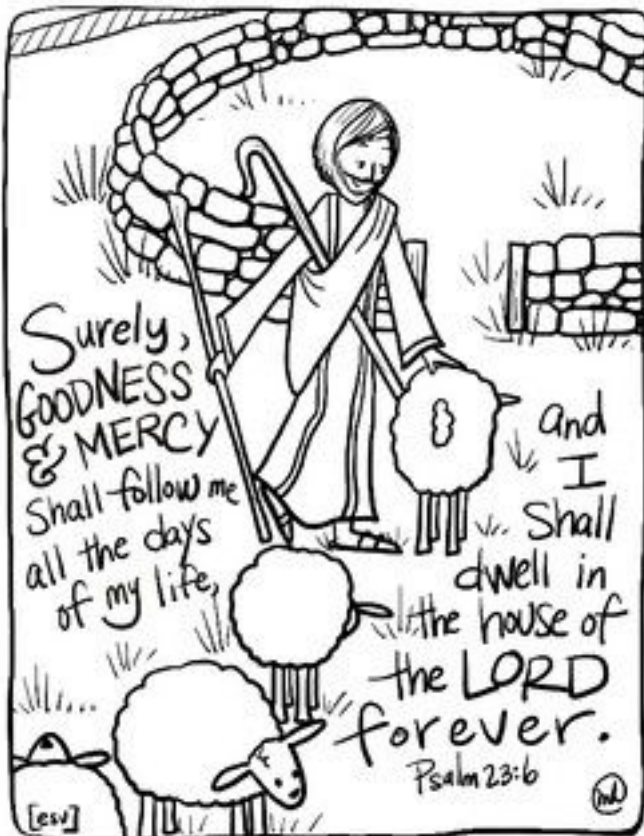


## Understanding the Mass Psalm

*Each week, we are explaining the different parts of the Mass - what is in the church, what we use in the Mass, and why (and how) we celebrate Mass the way we do.*

*Today our topic is the **Psalm**.*

Every Mass - on Sunday and on all the other days of the week - includes a **Psalm** after the First Reading. Each psalm - from the Greek ψαλμός, meaning “song sung on a harp” - comes from the Book of Psalms, which is a part of the Old Testament.



The psalms are the ancient hymns and poems of the Bible. There are 150 psalms. Nearly half of these were written by King David. The psalms are some of the oldest prayers, and can often express the feelings of our own hearts.

Pope Francis wrote: “As we read and reread the Psalms, we learn the language of prayer. God the Father, indeed, with His Spirit, inspired them in the heart of King David and others who prayed, in order to teach every man and woman how to praise Him, how to thank Him; how to invoke Him in joy and in suffering, and how to recount the wonders of His works and of His Law.

In short, the Psalms are the Word of God that we use to speak with Him. When we

pray, we do so because we know we are precious in God’s eyes. It is the grace of the Holy Spirit that, from within, inspires in us this awareness: of being precious in the eyes of God. And this is why we are moved to pray.”

During Mass, the psalm is sung, or said, with the cantor or lector singing or saying the verses and the people making the response together.

*True or false? Circle what you think!*

The word “psalm” comes from Latin	TRUE	FALSE
There is a Book of Psalms in the Old Testament	TRUE	FALSE
King David wrote nearly half of the psalms	TRUE	FALSE