

CHILDREN'S STORY HOUR

Some simple psalms for you to pray — just as Jesus did

By Janaan Manternach

Mary and Joseph taught Jesus how to pray while he was growing up. They taught him prayers called psalms.

Mary and Joseph loved these prayers. They had learned them from their parents. And they were happy to teach the prayers to Jesus and to pray them together as a family.

Jesus too came to love the Psalms. He prayed them often. His last prayer as he hung on the cross was a psalm.

Here are some short psalm prayers. They are for times when people want to express their thankfulness, their hope, their trust in God — and for other times too.

These psalm prayers can be learned by heart as Jesus learned them. They can be prayed often as Jesus prayed them. They can be prayed at home, too, as part of family prayer, perhaps at meals.

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Thanksgiving: "I will give thanks to you, O Lord, with all my heart." (Psalm 9:2)

Love: "I love you, O Lord, my strength." (Psalm 18:2)

Trust: "O Lord, my God, in you I trust." (Psalm 25:1-2)

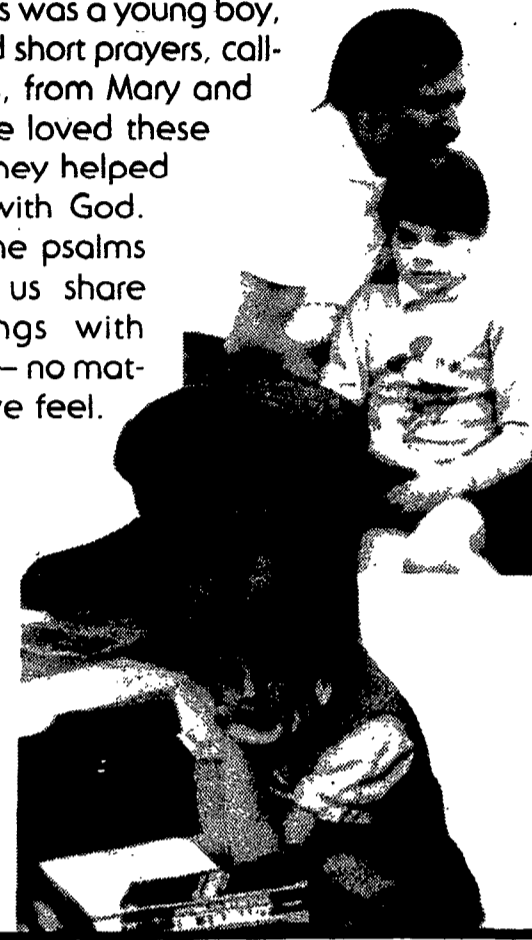
Help: "O Lord, be my helper." (Psalm 30:11)

Praise: "O Lord, my God, you are great indeed!" (Psalm 104:1)

Forgiveness: "Have mercy on me, O God, in your goodness." (Psalm 51:3)



When Jesus was a young boy, he learned short prayers, called psalms, from Mary and Joseph. He loved these prayers. They helped him talk with God. These same psalms can help us share our feelings with God, too — no matter how we feel.



Joy: "I will rejoice in the Lord." (Psalm 35:9)

Guidance: "Your ways, O Lord, make known to me. Teach me your paths. Guide me in your truth and teach me." (Psalm 25:4-5)

Commitment: "I say to the Lord, 'My Lord are you. Apart from you I have no good.'" (Psalm 16:2)

Search: "With all my heart I seek you." (Psalm 119:10)

Hope: "The Lord is my shepherd; I shall not want." (Psalm 23:1)

(Ms. Manternach is the author of numerous catechetical books and articles for children.)



Healing

Bringing Holy Communion to an 85-year-old shut-in in the poverty-ridden backwoods of southern Missouri is one way Sister Mary Claudia Wissman, D.C., serves God.

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HOW ABOUT YOU?

- Was there ever a time when you felt sad and someone helped you to feel happy again? How did that person help you?
- What do you think God is like? Do you think God cares when you are sad, or frightened, or when you are very happy?
- Imagine that you are a modern psalm writer. Write your own short psalm that tells how much you trust God.

Children's Reading Corner:

The Psalms describe what God is like. They help us as we think about God, or about how the world around us shows God's goodness.

Here are some books for children that help them pray as the psalmist prayed:

"David and I Talk to God," by Elspeth Campbell Murphy. This is a series of attractive adaptations of the Psalms. They can help children pray as the Psalmist prayed. Some of their titles:

- "Sometimes I Need to be Hugged" — Psalm 84.
- "Sometimes I Get Mad" — Psalm 73.
- "Sometimes I Have to Cry" — verses from the Psalms on tears.

The series is from David C. Cook Publishing Co., Elgin, Ill. Paperback, \$1.75 each.)



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