

About the “Psalter” Handout

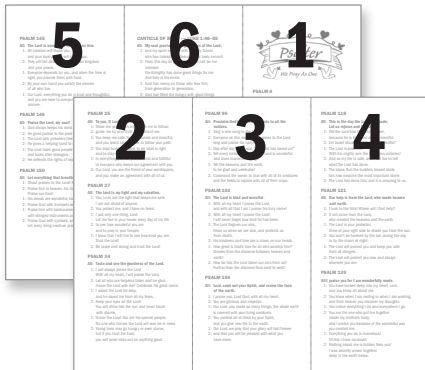
The Psalter handout is designed with the following features to allow young people to easily participate in daily prayer.

- The psalms are organized numerically, making the psalm for the daily prayer easy to locate.
- The text for each psalm indicates side 1 and side 2, allowing youth to pray the psalm in a back-and-forth dialogue that is customary for *Liturgy of the Hours*.
- The psalm text comes from the *Contemporary English Version* of the Bible (used in the *Lectionary for Masses with Children*), ensuring language that is easily accessible for youth of all ages.

Directions

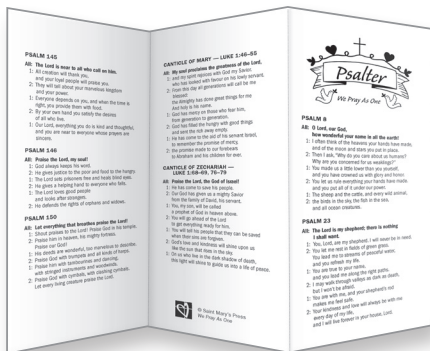
1. Print the two Psalter pages (pages two and three of this handout) back-to-back for distribution.

Side 1



Side 2

2. Fold the handout accordion style on the dotted lines, so all the psalms appear in order when opened.



Suggestions for Use

- Print on thicker paper for durability.
- Print on fancier paper, such as paper that might be used for flyers or wedding invitations, to give a “special” look to the handout.
- Offer a blessing over the handouts before first use (at the same time as *We Pray As One* is blessed).
- Reprint on a different (liturgically appropriate) color at the beginning of each liturgical season and distribute a new copy for each season.
- Keep all copies in a basket at the prayer space. Laminate one and stand it up as part of the prayer environment. Distribute and collect daily for prayer.
- Laminate all copies for greater durability.





PSALM 145

All: The Lord is near to all who call on him.

- 1: All creation will thank you, and your loyal people will praise you.
- 2: They will tell about your marvelous kingdom and your power.
- 1: Everyone depends on you, and when the time is right, you provide them with food.
- 2: By your own hand you satisfy the desires of all who live.
- 1: Our Lord, everything you do is kind and thoughtful, and you are near to everyone whose prayers are sincere.

PSALM 146

All: Praise the Lord, my soul!

- 1: God always keeps his word.
- 2: He gives justice to the poor and food to the hungry.
- 1: The Lord sets prisoners free and heals blind eyes.
- 2: He gives a helping hand to everyone who falls.
- 1: The Lord loves good people and looks after strangers.
- 2: He defends the rights of orphans and widows.

PSALM 150

All: Let everything that breathes praise the Lord!

- 1: Shout praises to the Lord! Praise God in his temple.
- 2: Praise him in heaven, his mighty fortress. Praise our God!
- 1: His deeds are wonderful, too marvelous to describe.
- 2: Praise God with trumpets and all kinds of harps.
- 1: Praise him with tambourines and dancing, with stringed instruments and woodwinds.
- 2: Praise God with cymbals, with clashing cymbals. Let every living creature praise the Lord.

CANTICLE OF MARY — LUKE 1:46-55

All: My soul proclaims the greatness of the Lord,

- 1: and my spirit rejoices with God my Savior, who has looked with favor on his lowly servant.
- 2: From this day all generations will call me blessed:
the Almighty has done great things for me
And holy is his name.
1: God has mercy on those who fear him,
from generation to generation.
- 2: God has filled the hungry with good things
and sent the rich away empty.
- 1: He has come to the aid of his servant Israel,
to remember the promise of mercy,
2: the promise made to our forebears
to Abraham and his children for ever.

CANTICLE OF ZECHARIAH — LUKE 1:68-69, 76-79

All: Praise the Lord, the God of Israel!

- 1: He has come to save his people.
- 2: Our God has given us a mighty Savior
from the family of David, his servant.
- 1: You, my son, will be called
a prophet of God in heaven above.
- 2: You will go ahead of the Lord
to get everything ready for him.
- 1: You will tell his people that they can be saved
when their sins are forgiven.
- 2: God's love and kindness will shine upon us
like the sun that rises in the sky.
- 1: On us who live in the dark shadow of death,
this light will shine to guide us into a life of peace.

PSALM 8

All: O Lord, our God,

how wonderful your name in all the earth!

- 1: I often think of the heavens your hands have made,
and of the moon and stars you put in place.
- 2: Then I ask, "Why do you care about us humans?
Why are you concerned for us weaklings?"
- 1: You made us a little lower than you yourself,
and you have crowned us with glory and honor.
- 2: You let us rule everything your hands have made,
and you put all of it under our power.
- 1: The sheep and the cattle, and every wild animal,
2: the birds in the sky, the fish in the sea,
and all ocean creatures.

PSALM 23

**All: The Lord is my shepherd; there is nothing
I shall want.**

- 1: You, Lord, are my shepherd. I will never be in need.
- 2: You let me rest in fields of green grass.
You lead me to streams of peaceful water,
and you refresh my life.
- 1: You are true to your name,
and you lead me along the right paths.
- 2: I may walk through valleys as dark as death,
but I won't be afraid.
- 1: You are with me, and your shepherd's rod
makes me feel safe.
- 2: Your kindness and love will always be with me
every day of my life,
and I will live forever in your house, Lord.



PSALM 25

All: To you, O Lord, I lift my soul.

- 1: Show me your paths and teach me to follow;
- 2: guide me by your truth and instruct me.
- 1: You keep me safe. You are honest and merciful, and you teach sinners how to follow your path.
- 2: You lead humble people to do what is right and to stay on your path.
- 1: In everything you do, you are kind and faithful to everyone who keeps our agreement with you.
- 2: Our Lord, you are the friend of your worshippers, and you make an agreement with all of us.

PSALM 27

All: The Lord is my light and my salvation.

- 1: You, Lord, are the light that keeps me safe. I am not afraid of anyone.
- 2: You protect me, and I have no fears.
- 1: I ask only one thing, Lord: Let me live in your house every day of my life
- 2: to see how wonderful you are and to pray in your temple.
- 1: I know that I will live to see how kind you are. Trust the Lord!
- 2: Be brave and strong and trust the Lord!

PSALM 34

All: Taste and see the goodness of the Lord.

- 1: I will always praise the Lord. With all my heart, I will praise the Lord.
- 2: Let all who are helpless listen and be glad. Honor the Lord with me! Celebrate his great name.
- 1: I asked the Lord for help, and he saved me from all my fears.
- 2: Keep your eyes on the Lord! You will shine like the sun and never blush with shame.
- 1: Honor the Lord! You are his special people. No one who honors the Lord will ever be in need.
- 2: Young lions may go hungry or even starve, but if you trust the Lord, you will never miss out on anything good.

PSALM 96

All: Proclaim God's marvelous deeds to all the nations.

- 1: Sing a new song to the Lord!
- 2: Everyone on this earth, sing praises to the Lord, sing and praise his name.
- 1: Day after day announce, "The Lord has saved us!"
- 2: Tell every nation on earth, "The Lord is wonderful and does marvelous things!"
- 1: Tell the heavens and the earth to be glad and celebrate!
- 2: Command the ocean to roar with all of its creatures and the fields to rejoice with all of their crops.

PSALM 103

All: The Lord is kind and merciful.

- 1: With all my heart I praise the Lord, and with all that I am I praise his holy name!
- 2: With all my heart I praise the Lord! I will never forget how kind he has been.
- 1: The Lord forgives our sins, heals us when we are sick, and protects us from death.
- 2: His kindness and love are a crown on our heads.
- 1: How great is God's love for all who worship him? Greater than the distance between heaven and earth!
- 2: How far has the Lord taken our sins from us? Further than the distance from east to west!

PSALM 104

All: Lord, send out your Spirit, and renew the face of the earth.

- 1: I praise you, Lord God, with all my heart.
- 2: You are glorious and majestic.
- 1: Our Lord, you made so many things; the whole earth is covered with your living creatures.
- 2: You created all of them by your Spirit, and you give new life to the earth.
- 1: Our Lord, we pray that your glory will last forever
- 2: and that you will be pleased with what you have done.

PSALM 118

All: This is the day the Lord has made; let us rejoice and be glad.

- 1: Tell the Lord how thankful you are, because he is kind and always merciful.
- 2: Let Israel shout, "God is always merciful!"
- 1: The Lord is powerful! With his mighty arm the Lord wins victories!
- 2: And so my life is safe, and I will live to tell what the Lord has done.
- 1: The stone that the builders tossed aside has now become the most important stone.
- 2: The Lord has done this, and it is amazing to us.

PSALM 121

All: Our help is from the Lord, who made heaven and earth.

- 1: I look to the hills! Where will I find help?
- 2: It will come from the Lord, who created the heavens and the earth.
- 1: The Lord is your protector, there at your right side to shade you from the sun.
- 2: You won't be harmed by the sun during the day or by the moon at night.
- 1: The Lord will protect you and keep you safe from all dangers.
- 2: The Lord will protect you now and always wherever you are.

PSALM 139

All: I praise you for I am wonderfully made.

- 1: You have looked deep into my heart, Lord, and you know all about me.
- 2: You know when I am resting or when I am working, and from heaven you discover my thoughts.
- 1: You notice everything I do and everywhere I go.
- 2: You are the one who put me together inside my mother's body, and I praise you because of the wonderful way you created me.
- 1: Everything you do is marvelous! Of this I have no doubt.
- 2: Nothing about me is hidden from you! I was secretly woven together deep in the earth below.