

Psalms: the Heartbeat of Prayer  
September 29, 2017

- Evening prayer (BCP p. 139).
- Why pray the Psalms?
  - Jesus prayed the Psalms.
  - Believers have prayed the Psalms.
  - The Psalms are God’s Word: we have permission!
  - They put the human condition into prayer.
    - \* They speak from it.
    - \* They speak to it.
- A couple examples. Psalm 55:1-14 (BCP p. 660). Psalm 37:1-12 (BCP p. 633).
- A potential objection.
- The psalms are the prayers of Jesus Christ.
- Suggestions for how to pray the Psalms.
  - Regularly. Repeatedly.
  - Start to finish.
  - In a suggested cycle (BCP p. 935).

Questions for discussion:

- What, if anything, did you hear tonight that you really liked?
- What, if anything, did you hear that you didn't like?
- Have you ever spent any time **reading** the Psalms? If yes, what was it like?
- Have you ever spent any time **praying** the Psalms?
  - If no, is this the first time you have heard that you can pray them and not just read them?
  - If yes, what was it like or what has it been like for you?
- Is there anything you'd like to put into practice from what you've heard tonight?