

Monday 1st February

Can I write my own psalm?

Last week we learned about
some of the feasts of Our Lady
and the rosary





Why do you think that, during the Liturgical Year, we spend time celebrating Mary, the Mother of God?

During the Liturgical Year there are many feast days set aside to remember and celebrate the journey of Mary. Mary's journey had joys and sorrows. Mary was with Jesus during his journey on earth from the beginning to the end.



What joys and sorrows do you think Mary went through in her life?



Mary, the Mother of Jesus, has a special place in the Church's seasons and feasts. In Advent, the Church celebrates when Mary said 'Yes' to God and her example of preparing for the coming of Jesus.





On Good Friday the Church celebrates her love and faithfulness as she stood at the foot of the cross when he died.



For the Church, May is Mary's special month and in October Catholics are encouraged to pray the Rosary. There are also special feasts though the year and many local traditions and celebrations throughout the world.



These are rosary beads.
The rosary is a very special
prayer said by Catholics.



rowful
in the garden

Glorious
Annunciation

The rosary is a journey with Mary through the life of Jesus. It has twenty steps or decades. To pray one decade you say one 'Our Father', ten 'Hail Marys' and one 'Glory Be.' The repetition of prayers is a way of freeing yourself from busy thoughts and fixing your attention on Jesus just as Mary, his mother would have done.

Using The Rosary Beads



1. Sign of the Cross

2. The Our Father
Prayer

3. The Hail Mary
Prayer (x3)

4. The Glory Be to the
Father

5. The Our Father
Prayer

6. The Hail Mary



The twenty steps are made up of five joyful, five sorrowful and five glorious times in the lives of Jesus and Mary

Joyful

Annunciation

Visitation

Nativity

Presentation in the Temple

Finding in the Temple

Mysteries of Light

Baptism of Jesus

Marriage Feast of Cana

Proclamation of the Kingdom

The Transfiguration

The Gift of the Eucharist

The mysteries of the rosary are called mysteries because they are events in the life of Jesus which we need God's help to fully understand.



Sorrowful

Agony in the garden

Scourging at the Pillar

Crowning with thorns

Carrying the Cross

Crucifixion and death

Glorious

Resurrection

Ascension

Coming of the Holy Spirit

Assumption

Crowning of Mary

Why are these events the joyful mysteries?

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Why are these events the sorrowful mysteries?

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What religion was Jesus?

Jesus was a Jew and he would have spoken Hebrew. He would have gone to the synagogue every week on the Sabbath day (Shabbat in Hebrew) to pray. The Sabbath begins on nightfall on Friday to nightfall on Saturday.



Synagogues often have the star of David on the outside.

Jesus would have listened to readings from Scriptures and sung Psalms. Psalms are songs of praise.

Listen to this Psalm that we often sing in Church when we go as a school.

On three special occasions each year, it is possible he would have journeyed to the Temple in Jerusalem to celebrate the feasts that highlight the Jewish Year.



These feasts would have been the feasts of Passover, Tabernacles (Sukkoth) and Pentecost (Shavu'ot) These were highlights in the Jewish year.

Passover: the feast of unleavened bread held in springtime

Tabernacles: Sukkoth or the feast of shelters, celebrates the gathering of grapes and olives in the autumn. People lived in huts or shelters for a week to remind them of what their ancestors lived like for 40 years in the desert.

Pentecost: Shavu'ot the feast of Harvest - the feast of Weeks, seven weeks after the Passover.



This is a model of the temple in Jerusalem where Jesus would have gone on special occasions during the year.

As the people travelled along, they often sang to keep themselves cheerful and pass the time, but each day, at particular times, they sang their prayers in preparation for the feast they were going to celebrate.

These 'song-prayers' are called psalms and we still sing these Jewish prayers today. Perhaps you can try to remember the next time you say or sing a psalm (at Mass, for instance) that these psalms are the very same prayers that Jesus himself used to pray.

There were particular psalms that people used on the way to feasts in Jerusalem, they were called foot psalms or pilgrimage psalms, as they were said as people went on foot to Jerusalem.

There were particular psalms for each stage of the journey, looking forward to the moment when they would catch sight of the beautiful Temple as they came over the hill.



One particular psalm expressed the great joy of the pilgrim standing inside the Temple in God's presence:

'I rejoiced when I heard them say: "Let us go to God's house".

And now our feet are standing within your gates, O Jerusalem.'

Psalm 122

How do you think the Jewish people felt when they first saw the Temple in Jerusalem? Remember they didn't have televisions or cameras in those days, so they would not know what it would look like until they saw it.

PILGRIMAGE PSALMS

Dear God, I long to be in your beautiful Temple.
My whole being sings for joy to you.
Sparrows looking for a home are safe in your house.
Swallows build their nests
and feed their young beside your altars.
Those who live in your temple are so happy
they can praise you all day long.
Pilgrims travel through deep valleys
and climb steep hills
to visit your special place.

One day spent in the Temple courtyards
is better than a thousand spent anywhere else!
It is good to put our trust in you.
Dear God, you keep us safe from harm.

(based on Psalm 84)

I was full of joy when they said to me,
Let's go up to God's house.
And now at last we are standing
inside the gates of Jerusalem.

Jerusalem is a great city, the city of peace.
The people of Israel come here
to give thanks to God.

Pray for the peace of Jerusalem.
Pray for peace in your homes.
Pray for peace among yourselves.
Pray for peace in your land.

For love of my brothers and sisters
I will say 'Peace be with you'.
For love of the house of God
I will pray for your good.

(based on Psalm 122:1-9)

What do you think the journey was like in Jesus' time?
Why do you think it would help to sing the psalms?

Alleluia

Give thanks to God for God is good.

God's love is great and never ends.

Open the temple gates for me.

I will go in and give thanks to God.

Give thanks to God for God is good.

God's love is great and never ends.

This is God's gate

Where those who love God enter.

Give thanks to God for God is good.

God's love is great and never ends.

May God bless everyone

who comes to give thanks and praise.

Give thanks to God for God is good.

God's love is great and never ends.

Walk in procession around the altar.

Wave your branches high.

Give thanks to God for God is good.

God's love is great and never ends.

Alleluia.

(based on Psalm 118:19-20,26-29)

Today we are going to write our own psalm. We will use these questions to help us.

1. What would you like to say to God?
2. What do or would you thank God for?
3. What makes you happy or glad?
4. What makes you sad?
5. When are you afraid? [if they haven't been introduced to any concept of fear, you might want to skip this and the next question.]
6. What makes you afraid?
7. What do you need help with?
8. Where is God?
9. How do you know God exists?
10. How have you been blessed by God?
11. Why should we obey God?
12. Do you have friends?
13. What do you like about your parents or friends?
 - a. Are those comments true about God as a parent or friend?
14. Do you have enemies?
 - a. How can you love your enemies?
15. Sing a song to God.

You do not need to use all these questions

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15. Sing a song to God.

Thank you God for keeping me safe, as I journey through my life.

I am happy because you made everything here on earth for us to enjoy.

Thank you God for making my friends and family who I love very much.

It hurts me that people are hungry in the world, please take care of them.

Help me when I am upset and angry and need guidance to make the right choice.

Hold me tight, God, just like my Mum does when she hugs me.

I am blessed with all I have thanks to you, God.

Praise to you God, Praise to you God.

You can use these sentence starters to help you write your psalm.

Praise to you God, Praise to you God.

Thank you God _____

I am happy _____

Thank you God _____

It hurts me that _____

Help me when _____

Hold me tight _____

I am blessed _____

Praise to you God, Praise to you God.

Questions

- What is a psalm?
- Use a Bible. Can you find the Psalms?
How many are there?
- What do you think the journey was like in Jesus' time?
- Why do you think it would help to sing the psalms?