

# The Bible's Special Prayer Book: The Psalms

## Pray Together

Hanoon Hor, yev Vortvo, yev Hokvooy'n Surpo, Amen. O Lord, our Lord, how majestic is your name in all the earth! You have set your glory above the heavens. From the lips of children and infants you have ordained praise because of your enemies, to silence the foe and the avenger. When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him, the son of man that you care for him? You made him a little lower than the heavenly beings and crowned him with glory and honor. You made him ruler over the works of your hands; you put everything under his feet: all flocks and herds, and the beasts of the field, the birds of the air, and the fish of the sea, all that swim the paths of the seas. O Lord, our Lord, how majestic is your name in all the earth!

## Chapter Checkup

Fill in the missing word or words.

1. "Soorp Badarak" means \_\_\_\_\_ in English.
2. In Matthew 18:20 \_\_\_\_\_ says, "for where two or three come together in my name, there I am with them."
3. During the part of the Badarak known as the Preparation, the \_\_\_\_\_ helps the priest put on his vestments.
4. The Havadamk is recited during the \_\_\_\_\_.
5. During the Last Blessing and Dismissal, the congregation comes forward to kiss the \_\_\_\_\_.

## A Place to Run and Tell God

The Book of Psalms, which is located in the Old Testament, is the foundation of prayer and worship for the Jewish faith as well as for Christians. Many of the Psalms were written down by David, the great Jewish king. David was a fine musician, and he set many of the Psalms to music so they could be sung to God. Over the centuries, King David's actual melodies have been lost to history, but we can imagine how beautiful those God-inspired songs must have sounded.



The Psalms are a great place to find prayers. They can help you find ways to talk to God. In the Book of Psalms, God has given us prayers to comfort and guide us in every situation.

Did you ever feel hurt by something a friend did? Record the incident on the lines provided.

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Read Psalm 55. The words of that Psalm express how tired and upset we can feel when someone we trusted betrays us. Psalm 55 gives us great comfort because we know that God understands exactly how we feel, since they are his words.

Has something in the news ever made you feel afraid? Tell about it on the lines below:

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Read Psalm 91. In those beautiful words we see how God helps and protects those that love him. Even though bad things may happen, we have God's assurance that he is looking after us.

Recall a time when you were really excited and happy and write it about it on the lines below:

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Read Psalm 65. Whenever you are feeling happy, you can use the words in this psalm to share your joy with our Lord and to praise him for all his blessings.

If you read the Psalms often enough to become familiar with them, they become like faithful friends. You'll start to remember them when you need them, and you will feel closer to God.

**Faith Word**

*Psalm*

A sacred song prayer from the Bible

# Our Armenian Way

## Saghmos Asatzek!

### Սաղմոսն աւագէք

The Psalms are an important part of our Badarak. They appear in several places in the Divine Liturgy. At the beginning of the service, the priest silently recites from Psalm 26: "I will wash my hands in innocence and will go around your altar, O Lord." Shortly after this, those in attendance offer praise from Psalm 100: "Make a shout to the Lord, all lands; serve the Lord with gladness." Next, the priest and deacon alternate the verses of Psalm 43 as they ascend the altar.

During the part of the *Badarak* known as the

Eucharist, the priest and deacon take turns chanting from Psalm 24 when the deacon presents the communion chalice to the priest. When the congregation prepares to come forward for communion, we sing the beautiful hymn "Orhnyal eh Asdvadz," which is based on Psalms 150 and 34. The priest and deacon ask the congregation to "Sing psalms to the Lord our God."

After the people have received communion the priest uses the chalice to make the sign of the cross over the congregation, and he recites Psalm 28:9, which says, "Save your people, Lord, and bless your inheritance; shepherd them and lift them up from henceforth until eternity." As you see, the Psalms are woven throughout our Armenian Church Divine Liturgy.

## FAMILY FOCUS: For Parents



### Lesson Roundup

Today your child studied the Psalms. The students learned that the Psalms form the backbone of prayer and worship for both Jews and Christians. They examined situations in their own lives and read Psalms that relate to them. Your child also made an illustrated children's book about Psalm 23 (we're getting it color-copied and you'll be seeing it very soon!), and the class also read about where Psalms appear in the Badarak.

### Family Faith Activity

We can enrich our prayer lives and our everyday happiness by becoming familiar with the Psalms.

Try to do one of the following activities with your family. *Saghmos asatszek!*

1. Read Psalm 23 together.
2. Read a different Psalm every day.
3. As a family, memorize Psalm 100.

### A Parent's Promise

Yes, I read the Lesson Roundup \_\_\_\_ and tried at least one activity as a family \_\_\_\_.

Signed \_\_\_\_\_