# Psalms: Entering the Biblical Book of Prayer

with Rabbi David Rosenberg

*Bless the LORD, O my soul; O LORD, my God, You are very great;*

*You are clothed in glory and majesty.* - Psalm 104:1 (for Rosh Chodesh)

*Have mercy on me, O LORD, for I languish; heal me, O LORD, for my bones shake with terror.* - Psalm 6:3, (Tachanun prayer)

*The LORD is gracious and beneficent; our God is compassionate. -* Psalm 116:5 (Hallel for holidays)

Four text-based classes each of 75 minutes on Psalms, a collection of 150 poems reflecting a wide range of themes and contexts. Traditional and contemporary perspectives will be explored.  Each session will explore one or two chapters from a book that has left a stronger imprint on Jewish prayer and spirituality than any other.

Class 1: Psalms for any day

About the book of Psalms

The Psalm *par excellence:* Psalm 23 “The Lord is My Shepherd”

*Pesukei deZimra*: Psalm 147 “It is good to chant hymns to our God”

Class 2: Days of the Week and Holidays

*Shir shel Yom* / Psalms of the Day: Psalm 24 “The earth is the Lord’s”

*Hallel* for holidays: Psalm 114 “When Israel went forth from Egypt”

Class 3: Shabbat and Birkat HaMazon (Grace after Meals)

*Kabbalat Shabbat:* Psalm 29 “Ascribe to the Lord, O divine beings…”

*Shir HaMa’alot* for Grace after Meals: Psalm 126 “A Song of Ascents”

Class 4: Personal Psalms

Psalm 130 “Out of the depths I call You, O Lord”

Psalm 20 “May the Lord answer you in times of trouble”

Considerations for further exploration