

# *PRAYING THE PSALMS*

## **Objective:**

With the Psalms as a foundation, this workshop explores different styles of and invitations to prayer.

## **Program Overview:**

"Praying the Psalms" is a one, two or three day multi-dimensional program which invites participants to experience the Lord through the perspective of the Psalms. Led by internationally known Christian singer, songwriter, poet and retreat leader Sam Kauffman, a roster artist with NEAG Music, these techniques are easily carried over into daily life.

During the early 1990's Sam set 130 of the Psalms to music. From that time to the present she has studied the Psalms and currently leads retreats and workshops which focus on these ancient prayers. "Praying the Psalms" consists of 8 segments which can be mixed and matched to achieve the desired program. Each segment runs about 45-60 minutes.

This hands on program encourages singing the Psalms. Sam provides the music and musical instruments are welcome. The history, literary forms, historical usage and relationship to the Christian experience is also emphasized in the workshop.

## **Program Outline:**

Session One:     Introduction to the Psalms  
History of the Psalms  
Types of Psalms  
Historical Uses of the Psalms  
    In the Temple  
    In Every Day Life  
    On a National Level  
Basic Themes of the Psalms  
Literary Forms  
How did Jesus Relate to the Psalms?

Session Two:     Journey to the House of the Lord  
The Psalms Before the Temple Was Built  
Seeing the House of the Lord in the Psalms  
Songs of Ascent - Traveling to the House of the Lord  
Arriving at the Temple  
The House and Courts of the Lord  
Prayer in God's House  
Blessings for the Journey

The Road Home  
Questions for Reflection and Discussion

Session Three: The Psalms and Our Senses  
The Senses and An Experience of Wholeness  
God's Promise of Peace and Healing as Found in the Psalms  
Sight The Lord Is My Light  
Hearing If Today You Hear God's Voice  
Touch Touching the Face of the Creator  
Taste Taste and See the Goodness of the Lord  
Smell The Fragrance of Grace  
Meditation: Sensing the Psalms

Session Four: The Psalms as Morning and Evening Prayers  
Ancient Morning Prayers - Bringing God Into the New Day  
Traditional Morning Psalms  
Personal  
In the Temple  
Integrating the Psalms Into Our Morning Prayers  
A Twenty-First Century Morning Psalm Prayer  
Ancient Evening Prayers - Leaving the Day in God's Hands  
Traditional Evening Psalms  
Personal  
In the Temple  
Integrating the Psalms Into Our Evening Prayers.  
Writing A Twenty-First Century Evening Reflection  
Journaling

Session Five Songs of Ascent  
Ps. 120-134 The Pilgrim Songs  
History  
Historical Uses  
General Themes  
Jerusalem Psalms  
Biblical Reflection Journals

Block Six Experiencing the Psalms Through Prayer Pathways  
Creation and Genesis Experienced Through the Psalm 104  
Prayer Pathways  
Individual Prayer  
Individual Reflection  
Prayer Pathways are a grouping of tiles set into a pattern.  
Walking them with music and Reflections enhances personal prayer.

Block Seven: The Psalms in Story and Song  
Journey to Jerusalem  
A Prayerful Journey From Nazareth to Jerusalem  
Praying Twice in Song

Block Eight: Psalm 151 and On.....  
Writing a Personal Psalm of the Twenty-First Century

## Sharing the Psalms of the Twenty First-Century