

SPIRITUAL LIFE MINISTRY

[If you haven't signed up to pray the Psalter with us, but you wish you had ... there's still time!](#) (← Please click on this link for the sign-up sheet)

Saint Basil the Great on the Book of Psalms

Any part of the Scriptures you like to choose is inspired by God. The Holy Spirit composed the Scriptures so that in them, as in a pharmacy open to all souls, we might be able to find the medicine suited to our own particular illness.

Thus, the teaching of the Prophets is one thing, and that of the Historical books is another. And again, the Law has one meaning, and the advice we read in the Book of Proverbs has a different one.



But the Book of Psalms contains everything useful that the others have. It predicts the future, recalls the past, gives directions for living, it suggests the right behavior to adopt. It is, in short, a jewel case that has collected all the valid teachings so that individuals find remedies just right for their cases.

It heals the old wounds of the soul and relieves recent ones. It cures illnesses and preserves the health of the soul.

Every Psalm brings peace, soothes internal conflicts, calms the rough waves of evil thoughts, dissolves anger, and corrects and moderates profligacy.

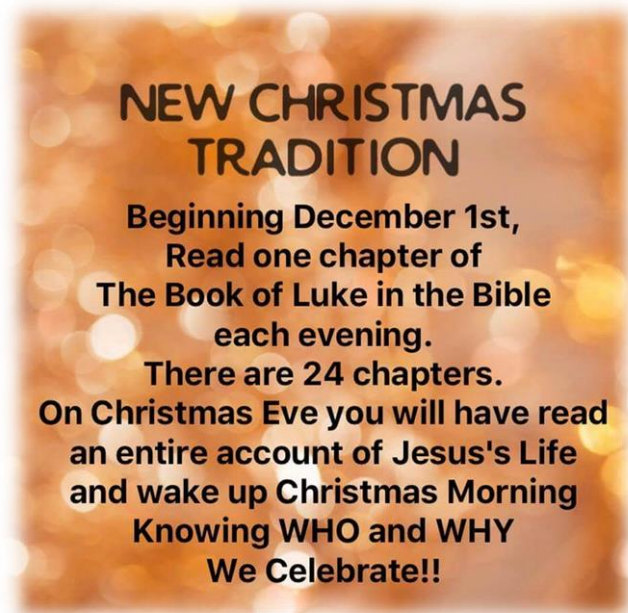
Every Psalm preserves friendship and reconciles those who are separated. Who could regard as an enemy the person beside whom they have raised a song to the one God?

Every Psalm anticipates the night's anguish and gives rest after the day's efforts. It is safety for babes, beauty for the young, comfort for the aged, and adornment for women.

Every Psalm is the voice of the Church.

(Translation by Thomas Spidlik)

This year, we would also like to suggest a new Nativity Fast tradition:



May praying the Psalter and/or reading the Book of Luke bring us closer to our Lord and one another. May God bless us all this Nativity Lent!