

## ***A Retreat with the Psalms***

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9 Lectures (4 CDs) Including Electronic Study Guide

The psalms are “the masterwork of prayer in the Old Testament” and they “remain essential to the prayer of the Church... They are suitable for people of every condition and time” (Catechism of the Catholic Church #2585-86, 2597). From the very beginning of the Church’s history, the psalms have played a central role for believers. Now, you can discover the Book of Psalms anew through this carefully crafted audio retreat.

Composed of 150 beautiful prayers, the Book of Psalms is an immense and integral part of the Old Testament. You might be overwhelmed or unsure of where to start when praying the Psalms. In *A Retreat with the Psalms*, Fr. Guinan, O.F.M., Ph.D., a renowned Old Testament scholar, expertly guides you through these timeless works. In this retreat, you will follow the model provided by the Divine Office.

You will begin with an introduction to the Office, especially the Morning and Evening Prayer. Each of these has two psalm readings, and they are organized into a four-week cycle. The psalms are carefully selected and structured according to the days of the week. This retreat comes with an accompanying written guide for prayer and reflection, and it is ideal for both communal and individual prayer settings.

### **Topic Titles**

- Introduction: A Retreat with the Psalms Through the Divine Office
- The Psalms and the Key to the Mansion
- Monday—Psalms 5, 29, 15
- Tuesday—Psalms 24, 42-43, 65
- Wednesday—Psalms 36, 47, 27
- Thursday—Psalms 57, 32, 72
- Friday—Psalms 51, 46
- Saturday—Psalms 119:145-52; 92, 117, 8
- Sunday—Psalms 113, 63, 110, 148, 149, 150