

MEANING OF SYMBOLS 1

POSITIVE MOOD STATES 1a

- | | |
|-------------------------|---|
| 1. WELFARE, LUCK | Y  |
| 2. COURAGE, STRENGTH | ∩  |
| 3. LIMIT, SMALLNESS | & () |
| 4. PRAYER, REQUEST | fi ➤ |
| 5. INTERCESSION | ♪  |
| 6. REPENTANCE | ♥  |
| 7. EXPECTATION, WAITING | ★ < |
| 8. REFUGE IN GOD | ♪  |
| 9. THANKSGIVING | ♣ ○ |
| 10. PRAISE | ♂ ○ |
| 11. JOY, GLADNESS | ♀  |
| 12. PEACE | □  |

NEGATIVE MOODS 1b

13. PAIN

θ 

14. SOLITUDE

ε 

15. TREASON

η 

16. SENSE OF ABANDONMENT =



17. PERSECUTION

ρ 

18. ANGUISH

τ 

19. DEFEAT

$\%o$ 

MEANING OF SYMBOLS 2

BEHAVIOR AND ETHICAL RULES

20. DESIRE OF GOD	\$	
21. COMMANDMENT	≈	
22. GOOD ACTIONS	⌋	
23. AWARD	Π	
24. SIN, EVIL	•	
25. PUNISHMENT	▼	
26. . FRIENDSHIP FOR, IN GOD	£	
27. RIGHT, POOR, OPPRESSED	©	
28. WICKED, DOMESTIC, EMPIOUS	@	

MEANING OF SYMBOLS 3

ADDRESS ON GOD - THEOLOGY

29. RIGHT GOD



30. MERCIFUL GOD



31. GOD ACT, FIGHT, WIN FOR US



32. GOD WHO SAVES



33 GOD DONATES, DEFENDS LIFE



34. POWER OF GOD



35. GOD LEADER



36. PRESENCE OF GOD



37. WRATH OF GOD



38. THE TEMPLE OF GOD



39. INTIMACY WITH GOD



40 THE PROMISE OF GOD



Psalm 1

1 *My life plan*

¹How blessed is the man who does not walk
in the counsel of the wicked,
Nor stand in the path of sinners,
Nor sit in the seat of scoffers!



²But his delight is in the law of the LORD,
And in His law he meditates day and night.



³And he will be like a tree *firmly* planted,
by streams of water,
Which yields its fruit in its season,
And its leaf does not wither;
And in whatever he does, he prospers.



⁴The wicked are not so,
But they are like chaff which the wind drives away.



⁵Therefore the wicked will not stand in the judgment,
Nor sinners in the assembly of the righteous.

⁶For the LORD knows the way of the righteous,
But the way of the wicked will perish.



Psalm 2

2 *The difficult life of Your consecrated person*



¹Why are the nations in an uproar,
And the peoples devising a vain thing?



²The kings of the earth take their stand,
And the rulers take counsel together
Against the LORD and against His Anointed:



³"Let us tear their fetters apart,
And cast away their cords from us!"



⁴He who sits in the heavens laughs,
The Lord scoffs at them.



⁵Then He will speak to them in His anger,
And terrify them in His fury:



⁶"But as for Me
I have installed My King Upon Zion,
My holy mountain."



⁷"I will surely tell of the decree of the LORD:
He said to Me, 'Thou art My Son,
i Today I have begotten Thee.



⁸"Ask of Me, and I will surely give the nations
as Thine inheritance,
And the *very* ends of the earth as Thy possession.



⁹Thou shalt break them with a rod of iron,
Thou shalt shatter them like earthenware."



¹⁰Now therefore, O kings, show discernment;
Take warning, O judges of the earth;



¹¹Worship the LORD with reverence
And rejoice with trembling.

¹²Do homage to the Son, lest He become angry
and you perish *in* the way,
For His wrath may soon be kindled.
How blessed are all who take refuge in Him!



Psalm 3

3 *I don't fear the many enemies*

¹A Psalm of David, when he fled from Absalom his son.

O Lord, how my adversaries have increased!
Many are rising up against me.



²Many are saying of my soul,

"There is no deliverance for him in God." Selah.



³But Thou, O LORD, art a shield about me,
My glory, and the One who lifts my head.





⁴ I was crying to the LORD with my voice



And He answered me from His holy mountain. Selah. ✓



⁵ I lay down and slept;



I awoke, for the LORD sustains me.

⁶ I will not be afraid of ten thousands of people

Who have set themselves against me round about.



⁷ Arise, O LORD;



save me, O my God!



For Thou hast smitten all my enemies on the cheek;



Thy blessing *be* upon Thy people! Selah..



Thou hast shattered the teeth of the wicked.



⁸ Salvation belongs to the LORD;



Thy blessing *be* upon Thy people! Selah..



Psalm 4

4 *In the evening I think of You*

¹ *For the choir director; on stringed instruments.*

A Psalm of David.



Answer me when I call, O God of my righteousness! fi

Thou hast relieved me in my distress;

The LORD hears when I call to Him.
Be gracious to me and hear my prayer.



² O sons of men, how long
will my honor become a reproach?
How long will you love what is worthless
and aim at deception? Selah.



³ But know that the LORD has set apart
the godly man for Himself;
The LORD hears when I call to Him.



⁴ Tremble, and do not sin;
Meditate in your heart upon your bed, and be still. Selah.



⁵ Offer the sacrifices of righteousness
And trust in the LORD.



⁶ Many are saying, "Who will show us *any* good?"
Lift up the light of Thy countenance upon us, O LORD! \$



⁷ Thou hast put gladness in my heart,
More than when their grain and new wine abound.



⁸ In peace I will both lie down and sleep,
For Thou alone, O LORD, dost make me to dwell in safety.



Psalm 5

5 *In the morning I turn my prayer to you, Lord God*

¹ *For the choir director; for flute accompaniment.*

A Psalm of David

➤ Give ear to my words, O LORD, fi

Consider my groaning.

⦿ ² Heed the sound of my cry for help, θ
my King and my God, For to Thee do I pray.

◀ ³ In the morning, O LORD, ★
In the morning I will order *my prayer*
to Thee and eagerly watch.

● ⁴ For Thou art not a God α
who takes pleasure in wickedness;
No evil dwells with Thee;

⁵ The boastful shall not stand before Thine eyes;

◁ Thou dost hate all who do iniquity. ▼

⁶ Thou dost destroy those who speak falsehood;

● The LORD abhors the man of bloodshed and deceit. μ

⁷ But as for me, by Thine abundant loving kindness

◻ I will enter Thy house, √

○ At Thy holy temple ♣

I will bow in reverence for Thee.



⁸ O LORD, lead me in Thy righteousness
because of my foes;



Make Thy way straight before me.

⁹ There is nothing reliable in what they say;



Their inward part is destruction *itself*;

Their throat is an open grave; They flatter with their tongue.

¹⁰ Hold them guilty, O God;



By their own devices let them fall!

In the multitude of their transgressions thrust them out,

For they are rebellious against Thee.

¹¹ But let all who take refuge in Thee be glad,



Let them ever sing for joy;

And mayest Thou shelter them,

That those who love Thy name may exult in Thee.

¹² For it is Thou who dost bless the righteous man, O LORD,

Thou dost surround him with favor as with a shield



Psalm 6

6 *My soul is upset*

¹ *For the choir director; with stringed instruments,
upon an eight-string lyre. A Psalm of David.*

O Lord, do not rebuke me in Thine anger,



Nor chasten me in Thy wrath.



² Be gracious to me, O LORD, for I *am* pining away

♥



Heal me, O LORD, for my bones are dismayed.

τ

³ And my soul is greatly dismayed;



But Thou, O LORD-- how long?

★



⁴ Return, O LORD, rescue my soul;

fi



Save me because of Thy lovingkindness.

μ



⁵ For there is no mention of Thee in death;

Δ

In Sheol who will give Thee thanks?



⁶ I am weary with my sighing;

θ

very night I make my bed swim,

I dissolve my couch with my tears.



⁷ My eye has wasted away with grief;

It has become old because of all my adversaries.

ρ



⁸ Depart from me, all you who do iniquity,

★

For the LORD has heard the voice of my weeping.

⁹ The LORD has heard my supplication,

The LORD receives my prayer.



¹⁰ All my enemies shall be ashamed
and greatly dismayed;

∩

hey shall turn back, they shall suddenly be ashamed.

Psalm 7

7 *You experience the mind and the heart*

¹ *A Shiggaion of David, which he sang to the LORD concerning Cush, a Benjamite.*

O Lord my God, in Thee I have taken refuge
Save me from all those who pursue me,
and deliver me,



² Lest he tear my soul like a lion,
Dragging me away, while there is none to deliver.

³ O LORD my God, if I have done this,
if there is injustice in my hands,



⁴ If I have rewarded evil to my friend,
Or have plundered him who without cause was my adversary,

⁵ Let the enemy pursue my soul and overtake *it*;
And let him trample my life down to the ground,
And lay my glory in the dust. Selah.




⁶ Arise, O LORD, in Thine anger;
ift up Thyself against the rage of my adversaries,
And arouse Thyself for me; Thou hast appointed judgment.



⁷ And let the assembly of the peoples encompass Thee;


And over them return Thou on high.


 ⁸ The LORD judges the peoples; α


Vindicate me, O LORD, according to my righteousness
and my integrity that is in me.

⁹ O let the evil of the wicked come to an end,
but establish the righteous;


For the righteous God tries the hearts and minds.


 ¹⁰ My shield is with God, ς
Who saves the upright in heart.

 ¹¹ God is a righteous judge, α
And a God who has indignation every day.


 ¹² If a man does not repent, He will sharpen His sword; ●
He has bent His bow and made it ready.

¹³ He has also prepared for Himself deadly weapons;
He makes His arrows fiery shafts.

 ¹⁴ Behold, he travails with wickedness, ●
And he conceives mischief, and brings forth falsehood.

¹⁵ He has dug a pit and hollowed it out,
 And has fallen into the hole which he made. ▼

¹⁶ His mischief will return upon his own head,
And his violence will descend upon his own pate.


 ⁷ I will give thanks to the LORD ♂
according to His righteousness,



And will sing praise to the name of the LORD Most High.


Psalm 8


8 I thank you for the gifts you have given

¹ *For the choir director; on the Gittith. A Psalm of David.*

O Lord, our Lord, ♂ 
How majestic is Thy name in all the earth,
Who hast displayed Thy splendor above the heavens!

² From the mouth of infants and nursing babes Δ 
Thou hast established strength,
Because of Thine adversaries 
To make the enemy and the revengeful cease. α

³ When I consider Thy heavens, ¶ 
the work of Thy fingers
The moon and the stars, which Thou hast ordained;
⁴ What is man, that Thou dost take thought of him ? & ()
And the son of man, that Thou dost care for him ?

⁵ Yet Thou hast made him a little lower than God,, Δ 
And dost crown him with glory and majesty!

⁶ Thou dost make him to rule
over the works of Thy hands;
Thou hast put all things under his feet,

⁷ All sheep and oxen, And also the beasts of the field,
⁸ The birds of the heavens, and the fish of the sea,
Whatever passes through the paths of the seas.



⁹ O LORD, our Lord,
How majestic is thy name in all the earth! .

♀

Psalm 9

9-10 You bring down the wicked and save the humble

¹ *For the choir director; on Muth-labben. A Psalm of David.*



I Will give thanks to the LORD with all my heart;
I will tell of all Thy wonders.

♂



² I will be glad and exult in Thee;
will sing praise to Thy name, O Most High.
siedi in trono giudice giusto.

♀



³ When my enemies turn back,
they stumble and perish before Thee.

♂



⁴ For Thou hast maintained my just cause;
thou dost sit on the throne judging righteously.

α



⁵ Thou hast rebuked the nations;
Thou hast destroyed the wicked;

®

Thou hast blotted out their name forever and ever.



⁶ The enemy has come to an end in perpetual ruins,
And Thou hast uprooted the cities;
The very memory of them has perished.


⁷ But the LORD abides forever;



He has established His throne for judgment,

⁸ And He will judge the world in righteousness;


He will execute judgment for the peoples with equity.

⁹ The LORD also will be a stronghold for the oppressed, 
A stronghold in times of trouble,

¹⁰ And those who know Thy name
will put their trust in Thee;



For Thou, O LORD, hast not forsaken those who seek Thee.

¹¹ Sing praises to the LORD, who dwells in Zion; 
Declare among the peoples His deeds.

¹² For He who requires blood remembers them;
He does not forget the cry of the afflicted.



¹³ Be gracious to me, O LORD;



Behold my affliction from those who hate me,



Thou who dost lift me up from the gates of death;




¹⁴ That I may tell of all Thy praises,





That in the gates of the daughter of Zion




 I may rejoice in Thy salvation. √


 ¹⁵ The nations have sunk down ▼
in the pit which they have made;

 In the net which they hid, their own foot has been caught.
¹⁶ The LORD has made Himself known; α


 He has executed judgment. In the work ▼
of his own hands the wicked is snared. Higgaion Selah.

¹⁷ The wicked will return to Sheol,
Even all the nations who forget God.


 ¹⁸ For the needy will not always be forgotten, ★
Nor the hope of the afflicted perish forever.


 ¹⁹ Arise, O LORD, do not let man prevail; α
Let the nations be judged before Thee.

 ²⁰ Put them in fear, O LORD; ▼

 Let the nations know that they are but men. Selah. &

Psalm (10) (Masoretic text) I don't have to run away, I have to fight

 ¹ Why dost Thou stand afar off, O LORD? ε
Why dost Thou hide *Thyself* in times of trouble?

 ² In pride the wicked hotly pursue the afflicted; ρ
Let them be caught in the plots which they have devised.

³ For the wicked boasts of his heart's desire, @
And the greedy man curses *and* spurns the LORD.



⁴ The wicked, in the haughtiness of his countenance,
does not seek *Him*.

All his thoughts are, "There is no God."

⁵ His ways prosper at all times; Y



Thy judgments are on high, out of his sight;



As for all his adversaries, he snorts at them.

⁶ He says to himself, "I shall not be moved;
Throughout all generations I shall not be in adversity."



⁷ His mouth is full of curses and deceit and oppression;
Under his tongue is mischief and wickedness.

⁸ He sits in the lurking places of the villages;
In the hiding places he kills the innocent;
His eyes stealthily watch for the unfortunate.

⁹ He lurks in a hiding place as a lion in his lair;
He lurks to catch the afflicted;
He catches the afflicted when he draws him into his net.

¹⁰ He crouches, he bows down,
And the unfortunate fall by his mighty ones.

¹¹ He says to himself, "God has forgotten;
He has hidden His face; He will never see it."

➤ ¹² Arise, O LORD; O God, lift up Thy hand. fi

Do not forget the afflicted.

✍ ¹³ Why has the wicked spurned God? @

He has said to himself,
"Thou wilt not require *it*."

☪ ¹⁴ Thou hast seen *it*, for Thou hast beheld mischief θ

✂ and vexation to take it into Thy hand. ±

⤿ The unfortunate commits *himself* to Thee; ♪
Thou hast been the helper of the orphan.

▽ ¹⁵ Break the arm of the wicked and the evildoer, ▼
Seek out his wickedness until Thou dost find none.

¹⁶ The LORD is King forever and ever;
Nations have perished from His land.

⚡ ¹⁷ O LORD, Thou hast heard the desire of the humble; ¶
Thou wilt strengthen their heart,

🎀 Thou wilt incline Thine ear ∩

♂ ¹⁸ To vindicate the orphan and the oppressed, ©

🔵 That man who is of the earth α
may cause terror no more.

BIBLIOGRAPHY

The biblical text of the Psalms is taken from:
New American Standard Bible 1977

The titles of the Psalms, the choice of reference symbols:

a) feelings, moods, emotions;

b) behavioral choices *of dependence* on passions, in life experiences without a future, far from God and devoid of sensitivity;
o containment and constant ethical commitment;
or to go further and develop fully
through the internalization of the moral law;

c) interest, research and closeness to the life of God; are a proposal, addressed to those looking for the full development of its vital potential: emotional, social, ethical and religious.

This small work has been edited by M. Mandras and EREMO MARIA WORKERS in the search for the hermit dimension of the soul (the desert of John the Baptist, prayer of Jesus in the solitude of the night,

in Gethsemane, on the cross) and in the realization of gift made by Jesus on the cross - Then he said to the disciple: "Here is your mother!".

And from that moment the disciple took her to his home.

*From the gospel of John (19:25-27) - But there were standing by the cross of Jesus His mother, and His mother's sister, Mary the *wife* of Clopas, and Mary Magdalene. ²⁶ When Jesus therefore saw His mother, and the disciple whom He loved standing nearby, He said to His mother, "Woman, behold, your son!" ²⁷ Then He said to the disciple, "Behold, your mother!" And from that hour the disciple took her into his own **household.** -*

Every man's life is a constant search for mother, who will help him and lead him to the fullness of life.

The Christian knows the brotherhood with Christ and with other people by taking the Virgin Mary, chosen by God as the mother of Jesus, in his home as a mother.

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