

## Getting Ready for Chapter 4

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## We Praise and Thank God

Saint Augustine said those who sing pray twice. He was telling us that raising our voices in song pleases God. This chapter presents the value of song as a form of prayer and the value of prayers of thanks and praise.

### ACTIVITY

**Name That Hymn** Play “Name That Hymn!” with your family. You can hum, play a musical instrument, or sing “la-la-la” to the tune of a favorite hymn. Let the others guess the title. Then invite them to sing along, if they know the words.

### WEEKLY PLANNER

#### On Sunday

Even if you don't usually join in the singing at Mass, try it this week. Then, as Saint Augustine said, you will “pray twice.”

#### On the Web

[www.blestarewe.com](http://www.blestarewe.com)



Visit our Web site for the saint of the day and the reflection question of the week.

#### Saint of The Week



**Pope Saint Gregory the Great**  
(c. 540–604)

As pope, Gregory the Great reformed the Church and gave generously to the poor. Pope Gregory I helped bring Christianity to England. He is credited with initiating Gregorian chant.

**Patron Saint of:** singers and musicians

**Feast Day:** September 3



**A Prayer for the Week**

Thank you, Lord, for giving us life. May we use our voices to sing thanks and praise to you. Amen.

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### Scripture Background

#### Before the Time of Jesus

**Psalms** The Book of Psalms is an Old Testament collection of 150 songs, laments, and other types of prayers. Psalms have varied intentions: some glorify God, some offer praise and thanksgiving, some are wisdom psalms, others are petitions or laments, and still others are historical. David is considered to be the author of many psalms. Because psalms were also written after David's death, they can be considered a record of Israel's existence over time.

You can read Psalms 92 and 149 as examples of psalms of thanksgiving and praise.

## OUR CATHOLIC TRADITION in Music

**Gregorian Chant** Since the seventh century the Church has been expressing its praise of God musically through Gregorian chant. Named after Pope Gregory I, chant is a solemn form of singing that creates a harmony between words and melody. Because in some pagan religions music was used to stir up people, Christians were encouraged to have a kind of music that was prayerful. Gregorian chant met that standard. There were other kinds of chants before Gregorian chant, but it was more beautiful and developed than some of the others.

In recent years a group of monks put out a recording called *Chant* that proved to be very popular. It revived interest in Gregorian chant.