



## Praying in Song or Poem

“The musical tradition of the universal Church is a treasure of inestimable value, greater even than that of any other art.” It is “an integral part of the solemn liturgy.” From psalms to the many instruments played, liturgical music helps the people of God to lift their hearts to the Lord. As Saint Augustine said, “He who sings prays twice.” (CCC 1156-1157)

Become a modern-day psalmist and compose a song or a poem that is a prayer to God.

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