A Gift of Prayer: Fr. Fessio Shares the Profound Power of the Psalms

Faith & Mission

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When we pray the Psalms, we join a chorus of voices stretching back thousands of years and more remarkably, we unite ourselves with the very prayer of Jesus and Mary. That's the powerful insight Father Joseph Fessio recently shared with alumni, reminding us that when we pray these sacred words with genuine attention and intention, we are participating in the same prayer that the Son of God himself prayed. There truly is no closer way to approach God in prayer than to echo the words, intentions, and understanding of Christ and his mother.

What makes the Psalms such a treasured spiritual resource is their remarkable comprehensiveness. Whether we find ourselves overflowing with joy and gratitude, wrestling with doubt and despair, or burdened by worry and guilt, the Psalms speak to our condition. There are songs of thanksgiving for those celebrating God's goodness, profound laments for the suffering and discouraged, and heartfelt prayers of forgiveness for those seeking reconciliation. This spiritual treasury holds something for every emotional and spiritual state we might encounter on our journey of faith.

Father Fessio's reflection invites all of us, whether we pray the Psalms daily or are encountering them for the first time, to rediscover this inexhaustible gift. The Psalms are not dusty relics of ancient tradition but living prayers that meet us where we are, transforming our deepest feelings into communication with God. By making the Psalms central to our prayer life, we follow in the footsteps of the saints, the early Church, and ultimately, Jesus Christ himself. This is an invitation worth accepting.

Read online for photos and videos:

https://alumni.avemaria.edu/news/a-gift-of-prayer-fr-fessio-shares-the-profound-power-of-the-psalms