

# Activity: Write a Psalm

**Teaching Goal:** Learn about the Book of Psalms.

**Scriptures:** The Book of Psalms. Specific scriptures included in the activity.

**Materials:** Paper and pencil

Lesson and Discussion: Words written in **bold** are when the leader is speaking. Feel free to use your own words.

A. **Which is the longest book in the Bible?** Psalms. **What does the word “Psalms” mean?** Songs of praises. **Who is the best-known author in the Psalms?** David. **Can you name other authors?** Solomon, Asaph, Sons of Korah, Moses (Psalm 90). **Psalms is written in poetic form, which is a different literary form than other books in the Bible. The Psalms record feelings, emotions and human experiences. They also talk about the character of God, creation and worship.** Ask participants to take turns looking up several of the following Psalms. Ask them to identify the feeling, emotion or other topic of the Psalm:

Psalms 8:1-4	What does this Psalm say about God?
Psalms 13:1-2	How is David feeling as he writes this Psalm?
Psalms 22:1-2	What emotion is David expressing?
Psalms 23:1-6	How is David feeling as he writes this Psalm?
Psalms 27:1-3	How is David feeling as he writes this Psalm?

Cont.....

### ....Continued Lesson and discussion:

- Psalm 29:3-5      What does this Psalm tell us about God?
- Psalm 32:1-5      What is David encouraging the reader to do?
- Psalm 33:1-3      What is David encouraging the reader to do?
- Psalm 38:1-4      What does this Psalm tell us about God?
- Psalm 87:1-7      This Psalm talks about God's passion for a city. What city?
- Psalm 99:20-29      This Psalm is about a person. Who?
- Psalm 136      How many times does it say, "His love endures forever?"  
(*Psalms often use the repetition of a word or phrase.*)

**Most of the Psalms have a heading. The heading may include the author's name, a recommended instrument or tune to use when singing the song. Psalm 4 is to be sung with "stringed instruments." Psalm 45 is to be sung to the tune of "Lilies."**

**B. ACTIVITY: You will have 10 minutes to write your own Psalm.** Hand out the paper and pencils and ask people to title the Psalm using their name, for example, "Bob's Psalm." **Pick a feeling, emotion, or characteristic of God, or a place or person to write about. For example you could write about one of the following: anger, joy, disappointment, happiness, God's holiness, God's power, God's creativeness, your love for someone, your love for a place.**

Read each participants Psalm.

**I.** Close in Prayer

**II.** Pass It On: Make an extra copy of this lesson and *pass it on* to another family.