

PSALMS: PRAISE AND PRAYER

We often use music to show our feelings about God. The Book of Psalms in the Old Testament gives us many beautiful prayers and songs.

Choose one or more words from each category. Create a psalm using these words. Write your psalm inside the harp.

God

Abba
Yahweh
Creator
Almighty
Father
Lord

love
protect
give help
receive
hope

Our
Feelings

joy
loneliness
laughter
jubilation
wonder
fear

Actions

Responses

cry
praise
celebrate
thank
beseech
ask

Parents and Catechists: The word categories will help participants identify a variety of themes found in psalms. Writing a psalm will strengthen the young people's appreciation of God's influence in their lives.

Consider sharing a few of your own favorite psalms with the group. Psalm 121, for example, speaks of God's constant protection and loving care for all of us.