

The Book of Psalms

The word **Psalm** means “song”. The book of Psalms in the Bible is full of songs that people sang to God. God’s people would sing these songs together with musical instruments just like we do in church. We don’t know the tunes of these songs, but some of the words are used in our worship songs today.



When you read one of the Psalms you can think of it as a poem or a prayer. Or you can make up your own tune and sing it yourself!

The King who loved to Sing!

73 of the Psalms were written by **David**. He was a shepherd boy who God chose to be the next King. David was the greatest King of Israel. This is what God said about David: “**David is the kind of person who does what pleases me.**” (Acts chapter 13 verses 22, ERV).



David did a lot of good things. But even David did bad things sometimes too. He had to say sorry to God, just like we do. Sometimes he got scared and asked God for help. Sometimes he felt really happy and praised God by singing and dancing.

We can find out a lot about David and his friendship with God by reading the Psalms he wrote.





The people who wrote the Psalms wanted to tell God how they were feeling. Some Psalms are happy, some are sad or scared, some are asking God for help or thanking him for what he's done.

Reading the Psalms can help us to tell God how we're feeling. They also help us think about how good God is and how much he loves us, even when life is hard.

Why don't you have a go at writing a song or poem to God?



God, I am feeling...	
Please help me...	
I remember that you are...	
I will praise you because...	



Psalm 23 verses 1-3 (ERV)

The Lord is my shepherd.

I will always have everything I need.

He gives me green pastures to lie in.

He leads me by calm pools of water.

He restores my strength.

He leads me on right paths to show
that he is good.



Think about this passage. How does it make you feel? What does it tell you about God? Write down some thoughts. Or you can draw a picture if you like!



Psalm 23 verse 4 (ERV)

Even if I walk through a valley as dark
as the grave,

I will not be afraid of any danger,
because you are with me.

Your rod and staff comfort me.



Think about this passage. Can you remember a time when God helped you?
Write down some thoughts. Or write a prayer to thank God for staying with
you.



Psalm 23 verses 5-6 (ERV)



You prepared a table for me in front of my enemies.

You welcomed me as an honoured guest.

My cup is spilling over.

Your goodness and mercy will be with me all my life,

and I will live in the Lord's house forever.

Think about this passage. What are some of the good things God has given you? Write down some thoughts about this passage. Or make a list of the things you are thankful for!



Psalm 91

You can go to God Most High to hide.

You can go to God All-Powerful for protection.

I say to the Lord, "You are my place of safety, my fortress.
My God, I trust in you."

God will save you from hidden dangers
and from deadly diseases.

You can go to him for protection.

He will cover you like a bird spreading its wings over its babies.

You can trust him to surround and protect you like a shield.

The Lord says, "If someone trusts me, I will save them.

I will protect my followers who call to me for help.

When my followers call to me, I will answer them.

I will be with them when they are in trouble.

I will rescue them and honour them.

I will give my followers a long life
and show them my power to save."

(Psalms chapter 91 verses 1-2 and 14-6, ERV)



Read this psalm slowly, one line at a time. Which parts stand out to you?
What is God saying to you through this psalm?



Psalm 13

How long will you forget me, Lord?
Will you forget me forever?
How long will you refuse to accept me?
How long must I wonder if you have forgotten me?
How long must I feel this sadness in my heart?
How long will my enemy win against me?
Lord my God, look at me and give me an answer.
Make me feel strong again, or I will die.
If that happens, my enemy will say, "I beat him!"
He will be so happy that he won.
But I trust in your faithful love, Lord.
I will be happy when you save me.
Then I will sing to the Lord
because he was so good to me.

(Psalms chapter 13, ERV)



Read this psalm 2 or 3 times. How do you think the person who wrote this psalm was feeling? Has God ever helped you when you've felt this way?



Psalm 139

Lord, you have tested me,
so you know all about me.
You know when I sit down and when I get up.
You know my thoughts from far away.
You know where I go and where I lie down.
You know everything I do.
Lord, you know what I want to say,
even before the words leave my mouth.



You formed the way I think and feel.
You put me together in my mother's womb.
I praise you because you made me in such a wonderful way.
I know how amazing that was!

God, examine me and know my mind.
Test me and know all my worries.
Make sure I am not going the wrong way.
Lead me on the path that has always been right.

(Psalms chapter 139 verses 1-4, 13-14 and 23-24, ERV)

Read this psalm to God as a prayer. How does it make you feel that God knows you so well?



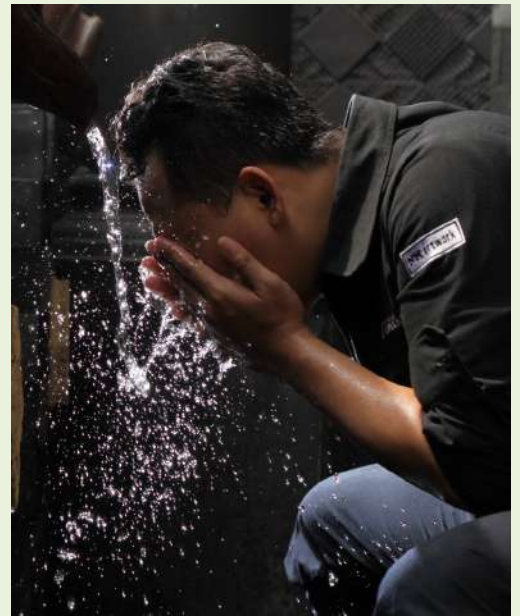
Psalm 51

God, be merciful to me
because of your faithful love.
Because of your great compassion,
erase all the wrongs I have done.
Scrub away my guilt.
Wash me clean from sin.
I know I have done wrong.
I remember that sin all the time.
I did what you said was wrong.
You are the one I have sinned against.

God, create a pure heart in me,
and make my spirit strong again.

Your help made me so happy.
Give me that joy again.
Make my spirit strong and ready to obey you.

(Psalms chapter 51, verses 1-4, 10 and 12, ERV)



Read this psalm slowly, one line at a time. Underline the words that describe what God is like. Can you remember a time when someone forgave you for something you did wrong?



Psalm 145

I will tell of your greatness, my God and King.
I will praise your name forever and ever.
I will praise you every day.
I will praise your name forever and ever.

The Lord is kind and merciful,
patient and full of love.
The Lord is good to everyone.
He shows his mercy to everything he made.

The Lord can be trusted in all that he says.
He is loyal in all that he does.

(Psalms chapter 145 verses 1-2, 8-9 and 14, ERV)



Try making up your own tune and singing this psalm to God. Can you think of some more reasons to praise God?



