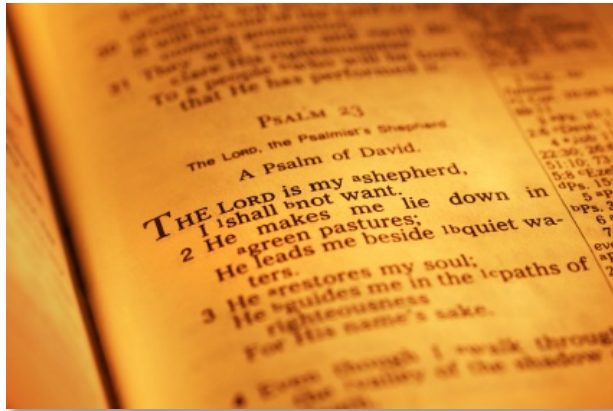


Psalms of Prayer

By Erin Davis Gibbons



The Bible is full of prayers. Just check out the book of psalms! In this activity, you'll learn about the different types of psalms and write your own prayer in the form of a psalm.

For

Young Adult

Season

Fall

Needed

Bible, paper, pencil or pen

Activity Plan

1. Flip through the book of Psalms in your Bible. What do you see? What kinds of words or emotions seem to be common?
2. Read through the Types of Psalms (next page) and peruse some of the examples given for each type of psalm.
3. The Book of Psalms expresses a wide range of human emotion. Find a psalm that speaks to you. Take a few minutes to read this psalm and meditate on its meaning. What kind of emotion was the writer of this psalm expressing? What about this particular psalm fits into your life? What words or phrases resonate with you and why?
4. Think of a significant event in your life right now. Take a few moments to journal about this event. How does it make you feel? What is your role in the event? Have you prayed about it? Why or why not?
5. Write a psalm of thanksgiving, lament, praise, or trust expressing your feelings about this current event in your life.
6. Read your psalm aloud as a prayer.
7. Keep your psalm in a safe place. If you're comfortable sharing, post your prayer to the VF@Home site.

Types of Psalms

Lament – Psalms of Lament can be an individual call for help or a communal prayer of a group of people in crisis. These psalms call to God to be heard and seen and plea for help and relief from suffering. Examples of this type of psalm include Psalms 6, 13, 42, and 130.

Hymns of Praise – Hymns of praise were written for communal worship and show praise to God for God creation, love, and grace. Examples of this type of psalm include Psalms 8, 100, and 150.

Liturgies – Liturgies were composed for a specific purpose during worship (entering, asking for help, or offering thanks). Examples of this type of psalm include Psalms 15 and 121.

Instructional – Instructional psalms give guidance for how to live. Examples of this type of psalm include Psalms 1 and 127.

Songs of Thanksgiving – Psalms of thanksgiving praise God for deliverance from hard times. Examples of this type of psalm include Psalms 40 and 92.

Royal Psalms – Royal psalms were composed for specific events in a king's life. Examples of this type of psalm include Psalms 45 and 101.

Trust Psalms – Trust psalms show the writer's trust and faith in God. Examples of this type of psalm include Psalms 23, 27, and 121.

Acrostic Poems – Acrostic psalms, like acrostic poems, follow a pattern of letters. The acrostic psalms in the Bible are written so each line or section begins with a succeeding letter of the Hebrew alphabet. Examples of this type of psalm include Psalms 34 and 111.

Festival Psalms – Festival psalms were used at Israel's annual festivals. Examples of this type of psalm include Psalms 50, 81, and 95.

Historical Psalms – Historical psalms tell parts of Israel's history. Examples of this type of psalm include Psalms 78, 105, and 106.

