

# THE PSALMS

## About the Psalms

- The Psalms are ancient, holy songs from the Bible.
- The Hebrew word for *psalm* means “songs of praise.”
- Jesus and his followers would have sung psalms when they prayed to God.
- The Christian community has always used psalms in worship.
- The Psalms are poems of praise but they express many different emotions.
- Even when they were sad or worried, the writers of the Psalms knew that God would take care of them.

Read these four prayers from the psalms and decide when you might pray each one.

Shout praises to the Lord!  
Shout the Lord's praises  
in the highest heavens.  
All of you angels.  
And all who serve him above,  
come and offer praise.  
Psalm 148:1-2

Why am I discouraged?  
Why am I restless?  
I trust you!  
And I will praise you again  
because you help me,  
and you are my God.  
Psalm 42:5-6

You are kind, God!  
Please have pity on me.  
You are always merciful!  
Please wipe away my sins.  
Wash me clean from all  
of my sin and guilt.  
Psalm 51:1-2

You said to me,  
“I will point out the road  
that you should follow.  
I will be your teacher  
and watch over you.”  
Psalm 32:8

When I'm feeling sad, I could say Psalm \_\_\_\_\_ .

When I want to praise God, I could say Psalm \_\_\_\_\_ .

When I've done something wrong, I could say Psalm \_\_\_\_\_ .

When I'm worried or scared, I could say Psalm \_\_\_\_\_ .



# THE ENVIRONMENT FOR PRAYER

**Where do you pray most easily?**

**What helps you to pray?**

**When do you feel close to God?**

Put an "X" in the boxes below for places you find it easy to pray.

- in church
- at home
- outside in nature
- by a lake or river
- in a quiet space
- near a cross or picture of Jesus
- where I can be alone
- in a group that is praying
- near an image or statue of the Virgin Mary
- where I can read from a prayer book
- where there is music

**If you could create a special prayer space in your classroom or home, where would it be?**

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**What would you include in your prayer space?**

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