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.

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.