

# RESOURCES

## Small Group Worship Resource

### Create a Psalm

**Appropriate for:** Anyone

**Good for:** Helping the whole group express worship to God.

This is a great exercise in adoration prayer and as such works just as well as an expression of worship.

### Explanation and Background

If you've ever studied the psalms you'll discover there is often a pattern and structure to them, in the same way that there is pattern and structure to modern poetry.

There are also many different types of psalms: psalms of petition, psalms of lament and psalms of praise. We're going to use that structure to create our own psalm of praise.

### INSTRUCTIONS

- Choose a couple of praise Psalms to read and to inspire you to pray. Good examples are Psalm 92, Psalm 95: 1-7, or Psalm 148. Get a few people to read them to the group.
  - Each person needs a pen but only one sheet of paper for the whole group.
  - The group is now going to create their own Psalm of praise to God in a similar way to the consequences game.
  - Fold your piece of paper into eight sections (or as many times as you have people in the group). Then unfold them so the creases can be seen.
- If you have more than seven people, simply repeat one of the stages (i.e get two people to write an aspect of God's character)

### Then:

1. The first person writes at the top an address to God e.g. 'Lord I worship you'. Fold and then pass to the next person on the left.
2. On the next section write an aspect of God's character starting with 'because' e.g. 'because you are good.' Fold and then pass to the left.
3. Write another aspect of God's character starting with 'and'. Fold and then pass to the left.
4. Now write two things about how wonderful God's creation is e.g. 'Your mountains are big, Your rivers shine in the Sun'. Fold and pass to the left.
5. Write something God does for you personally. It could be something like 'You guide me'. Fold and pass to the left.
6. Write a personal message to Jesus with 'because' in the middle e.g. 'I thank you Jesus because you died for me'. Fold and pass to the left.
7. Write a resolution such as, 'I therefore will be glad and share your love with others.'

### TO FINISH

Give the psalm to someone with expressive reading skills and get them to read your psalm aloud slowly. You could ask the group to close their eyes as this happens.

To extend your time of worship you may ask the group to continue praising God by picking up on something that has particularly struck them from your psalm.