

Dwelling in the Word

Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God.

Colossians 3:16

Creating Your Own Psalm

(you do not need to be a good writer to do this activity!)

The psalms are among the most human expressions found in the bible. Some of them are so raw we want to look away – and, in fact, many of our lectionary texts skip over passages filled with rage and violence. But the psalms give us confidence that no matter what emotion we are feeling, we can share it with God. (from *50 Ways to Pray* by Teresa A. Blythe, p27)

1. Ask God's Spirit to enliven and guide you as you search the psalms and create your own.
2. Identify what you would like to express to God. What is your deepest longing right now? What is your truest feeling? Based on what you are feeling, read a related psalm from the bible (you can find these right in the middle of the bible or in the red hymnal right before the hymns):
 - Joy – Psalm 11, 18, 23, 27, 33, 84, 87, 103, 112, 122, 150
 - Peace – Psalm 23, 63, 103
 - Love – Psalm 33, 62, 99, 103, 104, 139, 145
 - Gratitude – Psalm 30, 32, 65, 75, 77, 103, 118, 136
 - Fear – Psalm 86, 130, 131
 - Anger or rage – Psalm 55, 58, 94
 - Persecution – Psalm 17, 26, 35, 69, 141
 - Distress – Psalm 29, 42, 44, 71, 88, 109, 113
 - Need for healing – Psalm 22, 38, 41
 - Need for guidance – Psalm 25, 37, 72
 - Need for justice – Psalm 26, 52, 114
 - Need for forgiveness – Psalm 39, 51
3. Write a free-form psalm based on your feeling or longing. If you prefer, choose a psalm that expresses some of what you are feeling and rewrite it in your own words. Be as honest with God as the psalmists are.
4. Read your psalm to yourself. Pray it. Offer it to God. Be still and rest in God's loving presence. Go in peace.