

RESOURCES

Small Group Worship/Payer Resource

Using the psalms.

The book of Psalms is the prayer book of the church, the template for how we express ourselves to God in worship. Using these ancient words instead of our own can be incredibly helpful. The Psalms express a multitude of emotions by real people in real life situations and can be incredibly relevant to our own situations, needs and emotions.

Use the psalms to.....

1) Worship God

Give everyone a bible and slowly read a psalm together.

Ask the group to pray their own prayer based on a verse, word or thought from the psalm that has arrested them.

Hymnic psalms are particularly good for this as they praise God for who he is. (19:1-6, 33, 95, 100, 103, 104, 111, 113, 117, 145, 146, 147, 148, 149, 150)

2) Respond to God

Ask your group to share what God has been doing in their lives recently. You could also use a time of testimony, or ask what God has been showing them through their devotional time.

Do they have something to thank God for? Praise God for? Say sorry to God for? Ask God's help for? Express faith in God for?

You could then either use a psalm as a response on their behalf- or get members of the group to choose one.

Confessing our brokenness and seeking forgiveness: Choose a penitential Psalm (6, 32, 38, 51, 102, 130, 143)

Thanking God for what he's done: Choose a thanksgiving psalm (18, 21, 30, 34, 92, 116, 118, 138)

Expressing our trust in God. Choose the following thanksgiving psalms. (11, 16, 23, 62, 63, 91, 121, 125, 131)

Calling for God's help in trouble. Choose a lament psalm. (3, 4, 5, 7, 9-10, 13, 14, 17, 22, 25, 26, 28, 31, 39, 40:12-17, 41, 42-43, 53, 54, 55, 56, 57, 59, 61, 64, 70, 71, 77, 86, 120, 139, 141, 142)

This list is not comprehensive- the more you get to know the psalms- the more you'll be able to use them as specific responses to specific issues shared by your group.

Other worship ideas:

Find some worship songs that are based on particular psalms.

Play those songs interspersed with the psalm it relates to read out loud.

Psalm 23- "The Lord's my shepherd" (Stuart Townend)

Psalm 42- "As the deer" (Richard Lewis)

Psalm 46- "Be still & know" (Author Unknown)

Psalm 84- "How lovely is your dwelling place" (Matt Redman)

Psalm 121- "I Lift my eyes up" (Brian Doerksen)

You may find some music by Christian or secular bands based on the psalms!

Psalm 36:5-6- Third Day "Your Love O Lord"

Psalm 40- U2- 'Fourty'