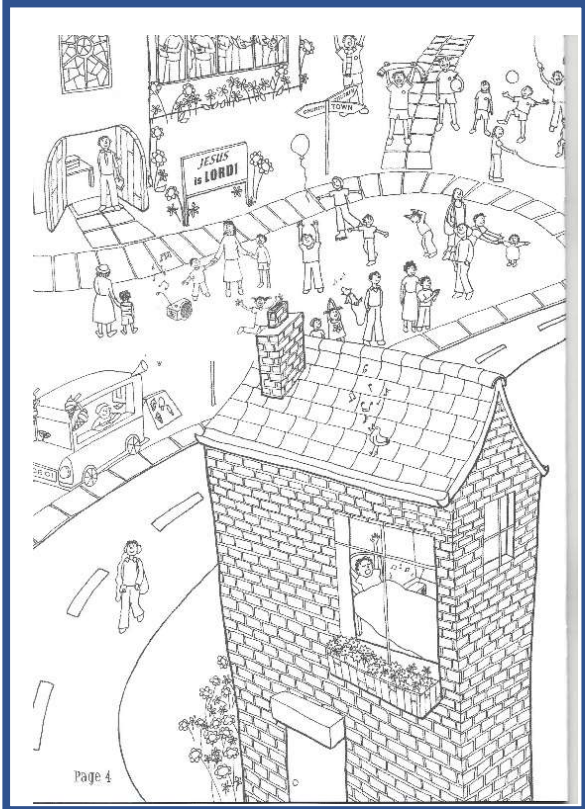


**Sunday 16<sup>th</sup> August**

## **Psalms in Words and Music**



**Have you ever thought how important songs and music are in our lives?**

**Can you spot the music and singing in the picture?**

In the Bible, music is often used alongside words in helping to record and explore what happened in the lives of the Jewish people over two and a half thousand years ago.

There is one special book in the Bible which is an amazing collection of poems, prayers and songs of praise that reflects this and which has been used for worship by God's people over the centuries and is still used to this day in synagogues and churches.

Psalms are studied, read and sung because the

thoughts and feelings about God that are expressed by the writers of the psalms are often the same thoughts and feelings that the people still think about now.

Some psalms are short, others much longer. If you have time you can see if you can find the psalms with the least and then the most number of verses.

The psalms have different themes that the writers explore when they think about God and examine their inner feelings as they talk to God.

Psalms can be about: **praise** **thanksgiving** **delight**  
**trust** **longing** **joy** **comfort** **despair**  
**questions** **anger** **hope** **amazement** **love** **unity**

**A psalm can also be about encouraging people as they travel to Jerusalem for a festival or the psalms can retell stories from the history of the Jewish people from many centuries ago and God's part in that story.**



### Are you a good detective?

Jesus studied, read, sang and quoted psalms throughout his life. He knew them very well.

See if you can work out, using the ideas **above**, what the thoughts and ideas the writers of the psalms **below** had and wanted to tell people about.

#### Psalm 150

Shout praises to the Lord  
Praise God in his temple.  
Praise him in heaven,  
his mighty fortress.

#### Psalm 30

You have turned my sorrow  
Into joyful dancing.  
No longer am I sad  
and wearing sackcloth.  
I thank you from my heart,  
and I will never stop  
singing your praises  
my Lord and my God

#### Psalm 105

Then the King of Egypt  
set Joseph free  
and put him in charge  
of everything he owned.  
Joseph was in command

#### Psalm 22

My God, my God, why  
have you deserted me?  
Why are you so far away?  
Won't you listen to my  
groans and come to my  
rescue?

#### Psalm 122

It made me glad  
to hear them say  
"Let's go to the house  
of the Lord!"  
Jerusalem, we are  
standing inside your  
gates.

#### Psalm 23

Your kindness and love  
will always be with me  
each day of my life,  
and I will live forever  
in your house, Lord.

CEV

Well done if you have worked some out – brilliant if you have done them all! You can compare your answers with the ones on p3.

Psalms are often sung to music. Music can have different feelings just like the words of the psalms. Some music feels calming, other music is exciting, whilst some music makes you feel sad or it can cheer you up

**Why Not** have a listen to some of these clips and be a detective again and find the music that:

You can dance to  
could cheer you up  
makes you feel sad  
could encourage you

Clarinet <https://m.youtube.com/watch?v=0PVOC1Vfdz4>

Macarena <https://m.youtube.com/watch?v=BO1TV7HTQt4>

Glee <https://m.youtube.com/watch?v=Hmlm53wD5PM>

Lego <https://m.youtube.com/watch?v=StTqXEQ2I-Y>



I wonder what music you would choose if you were asked to pick a piece of music representing something from the list above or a theme from a psalm.

In psalm 150 it mentions that people should use harps, trumpets, cymbals, lutes, tambourines and pipes to celebrate. They were also encouraged to dance!

### Prayer

Dear God

Thank you for all the wonderful psalms that you have inspired people through the ages to write, sing and use in worship.

Amen

Possible answers – did you get the same?  
150:Praise. 22: anger/despair. 30: thanksgiving. 122:  
travelling to Jerusalem. 105: story 23: comfort