

PSALMS

Sunday Session plans for October 1st

OVERVIEW & PURPOSE

To explain the nature of the book of Psalms.

To show that the book of Psalms is full of human experience and emotion, and to allow the young people to connect with the book.

MATERIALS NEEDED

- Pens n Paper
- Possible video kit
- Book outline.

EXPLAINING THE STRUCTURE

1. Play Bible Project video
2. Introduce the Psalms as an intentional collection of hymns or poems that were used by God's People in the OT.
3. Question: why do we use hymns and songs at church?
4. Outline the 5 books of the Psalms:
 - a. INTRO (Psalm 1-2): highlights the main themes. The importance of Torah and the promise of the coming king.
 - b. BOOK 1 (3-41): have Faithfulness! Faith in the Torah, faith like David.
 - c. BOOK 2 (42-72): hope in the fulfilment of promise - the restored temple and the future king.
 - d. BOOK 3 (73-89): Hoping for the promised king whilst struggling in exile.
 - e. BOOK 4 (90-106): asking God for mercy because he is the true king.
 - f. BOOK 5 (107-145): hope and joy in the future king and the defeat of evil. Love for the Torah
 - g. CONC (146-150): Praise God!
5. These movements follow how people felt throughout the history of Gods people.

SHOWING THAT THE PSALMS ARE ABOUT HUMAN STRUGGLE

There are two major categories of psalm - Lament and Praise.

Question: What do those mean?

Lament is about the pain, hurt, anger and confusion that we feel and crying out to God about it. This shows us in a very real way that it's okay to talk to God about our pain and struggles.

Praise is about the joy and celebration and peace we experience from God. It's also about remembering what God has done - which is an important thing to reflect on!

Question: in which books would you find these Psalms?

There are more lament Psalms towards the start of the book and more praise Psalms towards the end! It shows a development in perspective.

If Time: discuss the value/importance of being able to relate to the Bible, and finding people who feel the same as you.

CONNECTING WITH THE PSALMS

Spend 10 minutes reading the Psalms/praying the Psalms.

- For if you're sad: Psalms 6, 23, 131, 55, 22, 130, 7
- If you need comfort: Psalms 9, 16, 23, 34, 40, 46, 61, 77, 90, 139
- If you're anxious: Psalms 23, 27, 34, 61, 91, 32, 55, 68, 18,
- To praise God as King: 93-99, 146-150
- To thank God for hope: 107-110

Spend 10-15 minutes writing Psalms of their own.