

Name: _____

FUNDOCY Homework: Psalms

Lesson Taught on Sunday, December 16

Homework Due: Sunday, December 30

A. The book of Psalms

The Book of Psalms contains 150 songs and prayers believed to have been written by King David and others. The Psalms contain prayers of thanksgiving and joy, as well as prayers of sadness, anger, hurt, and sorrow. The Psalms are often used during worship services to express the thoughts and feelings of the congregation, and are also a wonderful resource for your own prayer life, especially if you feel you don't have the strength or words to pray. The Psalms are also a wonderful example of the kinds of prayers people have offered over the years and a testimony to the freedom we have to pray to God about all kinds of concerns or issues.

Part I: The Lesson

1. Using a dictionary (or www.dictionary.com !) define *psalm*.

2. Now open your Bible to the book of Psalms. One hundred and fifty of the most profound and popular poems and songs in history are written in this book. Next to the title of the Book of Psalms in your Bible, write "Top 150 Songs of all time."
3. The psalms are the ancient hymnal of the people of God, ranging from complaints to statements of faith to traveling music. Browse through the Book of Psalms, paying particular attention to the titles and sub-titles given to some of the psalms. These titles and subtitles tell us different things about the psalms.
 - Sometimes, they tell us the occasion for which the psalm was written. According to the sub-title, when was Psalm 3 written? (Or in response to what event was it written?)

 - Sometimes, the titles or subtitles suggest what instruments should be used with the song. According to the subtitle, what instrument should be used with Psalm 5?

4. Most every human emotion is expressed in the book of Psalms: fear, pain, triumph, grief, and joy. This makes them easy and helpful to pray. If you ever feel like you don't know how to pray, the psalms are a great place to start.

- Find a psalm that expresses emotions of depression, danger, or sadness. Which psalm did you choose?

- Find a psalm that expresses thankfulness, or happiness, or joy. Which psalm did you choose?

- Find a psalm that you could use to express the fact that you know you have sinned and need forgiveness. Which psalm did you choose?

5. Based on the titles and sub-titles you read, the Psalms include:

- A. Praise songs,
- B. Praise songs and laments (a “lament” is a song or poem expressing sadness)
- C. Praise songs, laments and thanksgiving songs,
- D. Mostly rap and hip-hop

6. Many of the Psalms were written by or attributed to:

- A. Moses,
- B. Mary Magdalene,
- C. David,
- D. Shakira

7. A type of Psalm used to express sadness is called a:

- A. Whine,
- B. Lament,
- C. Complaint,
- D. Country Western Tune

8. The most famous Psalm is probably:

- A. Psalm 1: “The Lord is my shepherd, I shall not want,”
- B. Psalm 23: “The Lord is my shepherd, I shall not want,”
- C. Psalm 123: “The Lord is my shepherd, I shall fear no school lunch,”
- D. Psalm 22: “My God, my God, where are my car keys?”

9. The best language to use when speaking to God is:
- A. French,
 - B. Latin,
 - C. Swahili,
 - D. Honest language of the heart
10. Some Psalms come with instructions, like:
- A. "For flutes and stringed instruments,"
 - B. (to be sung to the tune of) "The Deer of the Dawn,"
 - C. "To the leader: Do not destroy!"
 - D. All of the above (It's a hymn book, remember?)
11. Finish Psalm 22, "My God, my God...":
- A. "...where's the buffet?"
 - B. "...why have you created me?"
 - C. "...the Red Sox actually won the World Series!"
 - D. "...why have you forsaken me?"
12. Psalm 139:7, the Psalmist wrote, "Where can I go..."
- A. "...to get a good deal on a muffler and brakes?"
 - B. "...to find someone who can help me with my algebra homework?"
 - C. "...from your spirit?"
 - D. "...without a drivers' license?"
13. Psalm 23 says: "The Lord is my shepherd, I shall not..."
- A. "Fear,"
 - B. "Want,"
 - C. "Wander,"
 - D. "Be eaten by ravenous wolves any time soon"

Part II: Reflection Questions (There are NO wrong answers here!)

1. What is your favorite kind of music?
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Why do you like it?

2. Why do you think music plays such an important role in most worship traditions?

3. List some human emotions (such as love, happiness, etc...not including these!)

a. _____

b. _____

c. _____

Which human emotions do you think are the most difficult to express to God?

Why do you think they are so hard to express?

4. A friend is angry at God. She prayed for her sick grandmother, but her grandmother died. She doesn't know what to do with your anger. What do you say to her?
