

Writing Our Own Psalms

1. Assign **Time**-keeper
2. One person **Read** Psalm 13 for group (pull up on your own device for reference)

How long, O LORD?
will you forget me for ever?
how long will you hide your face from me?

How long shall I have perplexity in my mind,
and grief in my heart, day after day?
how long shall my enemy triumph over me?

Look upon me and answer me, O LORD my God;
give light to my eyes, lest I sleep in death;

Lest my enemy say, "I have prevailed over him," my foes rejoice that I have fallen.

But I put my trust in your mercy; my heart is joyful because of your saving help.

I will sing to the LORD, for he has dealt with me richly; I will praise the Name of the Lord Most High.

3. **Discuss** as a group (7 min.)
 - What themes do you notice in the Psalm?
 - What progression from lament to denial to praise to gratitude, etc., do you notice?
4. **Write** your own Psalm (individually with camera & mic off) (8 min.)
 - Use Psalm 13 as template (or another shorter Psalm you resonate with)
 - Substitute your list of challenges, gratitude and where you've seen God at work into the Psalm you're writing
5. **Share** your Psalm with your group (10 min.)
 - If you're willing, read what you wrote.
 - Share insights you gained in the process.
6. **Remember**...no "wrong" way to do this!