

# Using *Psalms of Wonder* at Home



## Read the Psalm Aloud

The psalms communicate emotion and story, not information. When you read a psalm, take your time, allowing pauses at the end of lines and at each punctuation mark. Let your heart really hear what the writer is saying and think about how you connect with those emotions. Read aloud together with one voice or take turns, alternating sentences.

## Wonder Together

After reading through the psalm, choose one or more of the questions below to discuss together.

- How does this psalm make you feel?
- When have you wanted to sing or pray these words?
- What word or phrase stands out for you today? Why?

Continue contemplating the psalm by looking at the art surrounding the words and talking about one or more of the following questions.

- How can you imagine yourself in this picture?
- How does the art make you feel? ([Download a .zip file of select art from the book.](#))
- If you were going to illustrate this psalm, what would you put in the picture?

## Engage with the Psalm

Choose a word or phrase from the psalm that interests you today. Engage with that phrase through one of the following activities as a family or alone.

- Use art supplies and draw, color, paint, or sculpt words, a scene, or your feelings.
- Move your body—dance, create motions, or go for a walk while repeating your phrase from the psalm.
- Create a rhythm or melody. Sing a song, play an instrument, or use your body to make music.
- Sit quietly and meditate using your chosen word or phrase.
- Do an internet image or video search for the psalm number and “art” or “song” and discover the ways people have expressed this psalm.
- Write your own poem, prayer, or song to God.

## Pray for the Gift of Psalms

Give thanks to God for this psalm. Use the following prayer, or one of your own choosing.

Thank you, God for this psalm. Thank you for the feelings expressed by the psalmist that are our feelings too. Thank you for hearing our feelings of joy or pain, praise or anger, confidence or fear. We are grateful that we can bring our whole selves to you and you love us just the way we are. Amen.

