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## Worship Sheet

# Writing a Psalm - Under pressure

In this session we will be writing psalms of praise and worship, taking inspiration from the way the biblical psalmists, eg, David, wrote. We will imagine that we're writing the psalms when feeling under pressure of some kind, eg, threat, lack, danger, etc (or any other scenario of your choice)

### Other worship sheets on the OneStop

Worship Sheet - Thankfulness - [LINK](#)

Worship Sheet - Writing a Psalm - In awe of God - [LINK](#)

### Recommended reading on worship

The Good God by *Michael Reeves* - [BUY NOW](#)

Desiring God by *John Piper* - [BUY NOW](#)

# Worship sheet – Writing a Psalm – Under pressure

**Opening prayers** – The leader might like to ask the **Holy Spirit** to come and inspire each individual with a spirit of worship, to satisfy our hearts' yearning for Him.

## **Playlist of songs - Listen, worship and prepare**

[Link to 'King's' playlist for alternative songs](#)

Choose one or more of the songs below or, if you prefer, select songs of your choice from the playlist above. The group can **listen** and prayerfully prepare themselves for the session, or sing along if people prefer

♪ [Vivaldi - Gloria in excelsis \(in the Highest\) deo \(classical\)](#)

♪ [To God be the Glory](#)

♪ [Oh Lord my God, when I in awesome wonder](#)

♪ [The Lord's my Shepherd \(Stuart Townend\)](#)

## **Read this scripture**

[Psalm 59 \(ESV\)](#) Deliver me from my enemies, O my God protect me from those who rise up against me...

### Scenario

Imagine that you are **under pressure** of some kind – eg, an appraisal at work, a hospital operation, physical danger etc) – it doesn't matter how small or trivial the threat may seem!! Like the psalmist, turn to God your saviour and tell Him your need, your confidence in Him, faith etc in a psalm.

### Activity

### You will need...

Several sheets of paper and a few pens

- Each person should write 2-4 lines (*depending on the number of people in the group*) of a psalm of praise worship and/or thanks about the situation described above – real or imagined (allow as much time per person as is needed – probably 2-3 mins).

The first person should try and base their words around the idea of the **wisdom** of God (*see below*), the second person around God's **power** and so on. These characteristics of God's majesty can be found in ([Revelation 5:12 \(ESV\)](#)):

## **Wisdom – Power (ie, authority) – Glory – Honour – Wealth - Might - Blessing**

- When each has finished writing, they should pass the piece of paper on to the next person, who repeats the exercise, but basing their words on the next characteristic in the list above. Their words should **build on what the previous person(s) has/have written**.
- Repeat the process as long as time permits or until each person has contributed to every psalm (*time allowing – it is not essential for each person to have written on every psalm*)

Allow around 20 minutes or so for the writing part. When finished, read through each psalm – make sure you allow plenty of time for this – if the group is large, you may have to read through some of the psalms the following week. You might also like to incorporate the reading of the psalms into a time of prayer.

### Prayer

General time of prayer – incorporate the psalms if you are able. As per normal, take requests for Individual needs etc. Close the session.

**Debrief** – was there a continuous sense of worship and praise, even though the psalm came from a situation of need?