# **Psalm Writing Workshop**

B Callen Aug 25<sup>th</sup> 2019 BCUC

One of the great Christian thinkers Athanasius in 370 AD commented that "while the rest of the bible speaks to us, Psalms speaks for us." Psalms teaches us how to relate to God as Gods' beloved people, individually and together!

There is no wrong way to do this! Give it a go! Let's listen to a number of Psalms from scripture, modern interpretations and new Psalms. What do you notice?

### The psalm writing toolbox:

- 1. Pen and Paper... journaling.
- 2. A list of God's nature (see Psalm 40)
  - Adjectives: awesome, majestic, mighty, incredible, creator, sovereign...
  - Expand the list (additions from the group workshop)... merciful, faithful, angry, tenderness, strength, unchanging, loving, adorable, mysterious, comforter, eternal, omnipresent (everywhere), omnipotent (all powerful), omniscient (all knowing), inviting, caring, holy, sovereign, loyal, all truth, all light, just, life-giving...
- 3. List human/consequences of Gods nature (link these with the list above):
  - a. For example if God is creator and God is awesome in power, then we are "fearfully and wonderfully made"
- 4. List of human emotions and questions for God (see attached)
- 5. List of metaphors attached to the emotions or nature of God (used the everyday relatable things)
  - a. Eg God is a rock and fortress
  - b. The Lord is my shepherd
  - c. "My heart has turned to wax; it has melted away within me" Ps 22:14
- 6. List of Poetic Devices
  - a. Common Poetry
  - b. Hebrew poetry
  - Acrostic poems (using the Hebrew alphabet, eg Psalm 119). These use a word and each line starts with the next letter of that word. You could use a word that describe God.
  - Some more technical Hebraic poetic devices.
    - Synonymous parallelism- expression in the first line is repeated in the second. Two
      lines that say nearly the same thing, in order to drive a point across.
      - Psalm 139:7-8
      - <sup>7</sup>Where can I go from your Spirit?
      - Where can I flee from your presence?
      - <sup>8</sup> If I go up to the heavens, you are there;
        - if I make my bed in the depths, you are there.
    - o <u>Antithetical Parallelism</u>- the parallel verse states the opposite idea

#### Psalm 20:7-8

7 Some trust in chariots and some in horses, but we trust in the name of the Lord our God.
8 They are brought to their knees and fall, but we rise up and stand firm.

 <u>Synthetic Parallelism</u>- one thought is stated and the following verses develop or complete the thought

# Eg. Psalm 84:10-11

Better is one day in your courts
 than a thousand elsewhere;
 I would rather be a doorkeeper in the house of my God
 than dwell in the tents of the wicked.
 For the Lord God is a sun and shield;
 the Lord bestows favor and honor;
 no good thing does he withhold
 from those whose walk is blameless.

- 7. Your story: Write from your own experience (DAVID: being a shepherd, killing someone and sleeping with their wife, having a son try and kill you, Jonah in the belly of the whale, going on pilgrimage, being in exile "by the rivers of Babylon")
- **8.** A structure to work from.
  - a. Types of psalms
  - b. Lament/praise/Wisdom/nature/word of god/penitential/worship/suffering/assurance/praise/royal/Protection
  - c. Community or individual

Psalm 96- A typical structure of a song of praise

- Invitation to praise (v 1-3, 7-10a, 11-12a)
- Followed by reasons for praise (v 4-6, 10b, 12b-13)
- Together they describe the nature and consequences of God's rule
- 9. An epiphany, relationship with Jesus and ability to listen and wait.
- **10.** Finally Time with God! Let it flow. If you're stuck choose a psalm, your favourite and try re-writing

#### Appendix:

**Psalms to Start with (with commentary from various sources):** 

Psalms of praise (think of Psalm 8), of testimony (think of Psalm 46), of confession (think of Psalm 51), and of lament (think of Psalm 13)

Psalm 55 – about being betrayed by someone close to you.

Psalm 56 – about feeling trapped, pinned down or captured.

Psalm 57 – about feeling threatened by a powerful enemy.

Psalm 51 – about repentance.

Psalm 95 or 96 or 150 Party time, sing for joy.

Psalm 42 & 43 Downcast, Disturbed, Depressed and Hopeful

Psalm 73 Why do good things happen to bad people? Jealousy/Envy

Psalm 130 Getting out of a hole of your own making. Repentance.

Psalm 121 HELP and Hope

Psalm 10 "Why, Lord, do you stand far off? Why do you hide yourself in times of trouble?"

Psalm 3 – short. Facing hard times and asking for God's involvement.

Psalm 6 – short. In the middle of sadness, looking for a sign of God's presence.

Psalm 13 – short. Trying to find faith in the middle of loneliness and depression.

Psalm 19 – medium. Celebrating God and making confession.

Psalm 40 – long. Waiting for God and expressing faith in the time of waiting.

# Using Psalm 10 as a structure. (from Chats August)

Feel free to be creative, use imagery, metaphor or even try an acrostic poem to a word such as S.O.V.E.R.E.I.G.N. (a number of Psalms were written as acrostic poems often using the Hebrew alphabet, eg 119).

"Why God, why?" (Write down a cry from the heart to God. It could be personal or on behalf of others.)
"While other people seem to..." (Expand on the why question reflecting on those who seem to have no problems.)

"Arise Lord! Lift up your hand, O God.

**Yet you O God...".** (Write down some of the promises of God, reassurances of faith, the character of God, the acts of God through history (both personally and throughout history))

#### A Coffee Psalm

O God, You are like coffee!

You percolate . . . and the mere sound of you stirs me from sleep. I thirst for you, O God, in the morning when I wake up. Your aroma permeates my soul when I come into your presence. You pour yourself out and shower me with blessings. You fill my cup with good things. Your heat and steam rise as incense and fill my nostrils. I lift you up with my hands and drink you into my being. Your warmth penetrates my mouth. O taste and see that the Lord is good! Your warmth continues to travel through me, warming my gut. You dwell ever within me. You energize me, O God. After a time, you give me energy to set about the tasks you lay before me. I return to you, O God, throughout the day, and get renewed and refreshed every time I drink you in. O taste and see that the Lord is good! You restore my soul and fill my senses. You help me get through the day when my sleepiness tries to keep me from doing your will. O taste and see that the Lord is good. O God, you are like coffee to me!

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# A Periodic Chart of Human Emotions

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Enthusiasm	Exhilaration	Optimism	Sexiness	Sensuality	Pleasure	Innocence	Anticipation	Bravery	Certainty	Longing		Determination 50	Confusion	Distant	Comfort	Nostalgia	Tranquility	Relief
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