

Expressing our Emotion to God: Psalm Writing

It's completely right for us to be able to express our emotions to God, in times of tragedy or difficulty – just as we may express emotions in times of joy or happiness. One of the best examples we see of this in the Bible is the book of Psalms, which is a collection of songs, prayers, poems and other writings which reflect human emotions to God.

Have a read through the beginning of Psalm 22 – or the whole of it if you want – but the opening two lines are striking;

- ¹ My God, my God, why have you forsaken me?
Why are you so far from saving me,
so far from my cries of anguish?
- ² My God, I cry out by day, but you do not answer,
by night, but I find no rest.^[a]

It goes on to try and remember some of the truths about God that the writer has been taught. But the opening is just pure, honest emotion. God can handle this. And in fact it's often when we are raw and honest with him, that he responds most to us.

In order to help us with processing things at the moment, let's write our own Psalm to God. I encourage you to use colouring pens if you want, or use a computer to write it and put it on a background which suits you – whatever helps. But try and use it reflect both how you feel, and also what questions you have.

Having written our own Psalms, let's copy what the Israelites would have done which is, if we feel able, to read them aloud to God.

Parents/Guardians: At this point I encourage you to try and take note of what some of the themes are that are being expressed. This is perhaps not the time to discuss them, but certainly be aware of what some of the major themes are.

I would then encourage you to close in prayer, just asking God to hear our prayers, and then maybe turning to pray for the situation itself too.