

## Suggestions for Personal or Family Times of Worship

If God is the focus of our worship - we should address Him directly.  
Example: You are my strength; You are my protector; You are my healer;  
You are ...

Take a look at Psalms 103 and 104 - notice the pronouns. Do you see any difference between the Psalms?

1. Find a good place to be by yourself or with family.
2. Choose a Psalm or two ( list on p.2 might be helpful)
3. Read it through a couple times out loud. What do you learn about God?
4. Might there be things in the Psalm that you can say to God. Say those things out loud. It may feel odd to be talking to God out loud, but it is good for you to do it.
5. Meditation - this is not time for a nap. This is thinking about, mulling a verse or two over in your mind. Reading verses out loud, thinking thru phrase by phrase, asking some questions - who, what, when, where, why, how - will help you meditate. This is not exactly a Bible Study.
6. Do any songs come to mind as you've read these verses? You might sing or read the words as you lift your voice to God out loud.
7. Write down - how does this information about God impact in my life? Knowing this \_\_\_\_\_ (fill in the blank) about God - do I thank Him, do I adjust my thinking, do I adjust my behavior, do I \_\_\_\_\_?  
Worship has an obedience factor to it. Remember worship is an appropriate response to God - which may include doing something.
8. Is there a physical posture change I should take now - should I kneel down, stand, lift my hands, \_\_\_\_\_ to represent my submission, honor, expectancy, neediness??

9. In your conversation with God, what can you say to Him that begins with “You”? Maybe something about His character that you have experienced, or something that He has done that you have appreciated.
10. Is there some kind of gift you might be offering to God? It could be a financial gift to a person or ministry, could be a meal to someone, an encouraging note. Read Hebrews 13:16 “And don’t forget to do good and to share with those in need. These are the sacrifices that please God.” What we do for others - pleases God if done with the right attitude. Your decision to do it may be in your worship time and the doing it may be at another time.

These are only ideas / suggestions to get you started. You may find other things to do in your worship time with God. May you enjoy drawing near to the God who loves you and deserves your worship.

## **Psalm Types**

The Psalms (songs) fall into differing patterns or templates. The list is not exhaustive nor solidly fixed. Choosing the right type of Psalm will be helpful for your personal worship times (first two types would be easiest to work with). You are looking for God’s character qualities and what He does.

### **Declarative Praise Psalms:**

1, 8, 9, 11, 14, 15, 18, 19, 21, 23, 24, 27, 29, 30, 32, 33, 34, 36, 37, 39, 40, 41, 42, 49, 50, 52, 58, 62, 63, 66, 68, 73, 75, 78, 81, 82, 84, 91, 92, 95, 100, 104, 105, 106, 107, 108, 111, 112, 113 - 118, 119, 135, 136, 138, 139, 144 - 150

### **Songs of Zion:**

42, 43, 46, 48, 76, 84, 87, 120 – 134

-----

### **Individual Lament Psalms:**

3, 4, 5, 6, 7, 12, 13, 22, 25, 26, 27, 28, 35, 38, 39, 40, 42, 43, 51, 54, 55, 56, 57, 59, 61, 63, 64, 69, 70, 71, 86, 88, 102, 109, 120, 130, 140, 141, 142, 143

### **National Lament Psalms:**

44, 60, 74, 80, 83, 85, 90, 123, 125, 126

There are other types of Psalm templates, but these 4 are a good start. They are not original with me.