



# Faith Together at Home

## Jammin' with the Psalms

Explore  
the Bible

### Gather Together

Gather around an open Bible and share highs and lows from the day. Rejoice with family members as they share their joys and accomplishments; sympathize with them in their difficulties or sadness. Talk about how songs often express emotions like happiness or sadness. Ask each person to talk about one of their favorite songs. Play a portion of each song on a streaming service or recording. How does the song make you feel? What message do you hear in the words and music?

### Discover Together

The Bible contains many books, including a songbook! Ask someone to locate the book of Psalms in a Bible. Point out that some of the psalms include notes or directions to the worship or music leader (See Psalms 4, 5, 84, and 102). The book of Psalms contains a variety of songs to express different emotions, feelings, or requests. Take turns opening to a random psalm. Read a few lines aloud and talk about what the psalm is trying to express (praise, thanksgiving, complaint, confession, anger, sorrow, etc.). Then create your own psalm! Have each person add a line that expresses how they are feeling about God today. Make up a tune and sing your psalm together.

### Talk Together

Ask these questions of each other:

- People have been expressing their feelings through music for thousands of years. Why do you think that is?
- If you could write a song for God right now, what would the main message be?

### Play Together

Psalm 100:1-2 tells us to “Make a joyful noise to the Lord, all the earth. Worship the Lord with gladness; come into his presence with singing.” Make musical instruments to accompany a family sing-along! Round up kitchen utensils (saucepans, lids, whisks and spoons), containers of beads or pebbles, buckets, and sticks. Challenge older kids to fill glasses with various levels of water so that a familiar tune can be played when the glasses are tapped with a spoon. Sing some of your family’s favorite songs as you play along!

### Serve Together

Record a musical greeting to encourage, celebrate, or comfort a friend or family member. Sing or play a song and record it using a mobile device. Send the recording to someone who would enjoy the musical message.

### Family Prayer

Say this prayer or blessing from Psalm 92 at the close of your time: **It is good to give thanks to the Lord, to sing praises to your name, O Most High; to declare your steadfast love in the morning, and your faithfulness by night, to the music of the lute and the harp, to the melody of the lyre. For you, O Lord, have made me glad by your work; at the works of your hands I sing for joy. Amen.**