**Psalms Exercise**

**Purpose**:

Use one of the Psalms as a way to write out a prayer and express your honest emotions and feelings to God.

**Supplies**:

--Bible

--pen

--blank paper

**Instructions**:

Choose a Psalm and read it.

Then, use the Psalm as an example for how you can pray and talk to God. Sometimes we can feel like we can’t be honest with God or we have to hide what we’re really feeling, but one of the great things about the Psalms is that the writers freely express what they are thinking and feeling, whether it’s hope or despair, praise or anger. In this exercise, the Psalms will provide an example for how we can express our emotions and talk to God.

Take time to rewrite the Psalm in your own words as a prayer to God. For example, Psalm 13:1-2 says:

*How long, O Lord? Will you forget me forever?*

*How long will you hide your face from me?*

*How long must I take counsel in my soul*

*and have sorrow in my heart all the day?*

*How long shall my enemy be exalted over me?*

Using those verses as an example, you might consider writing something like this:

How long, O Lord, will this pain last?

How long will my family and I struggle?

How long will I feel sad and disappointed?

How long will I feel this way?

Once you’re done writing, read what you’ve written aloud to God and make it your prayer to Him. Consider reading it aloud more than once or keeping it in your Bible so that you can come back to it.