Write Your Own Psalm

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Writing your own psalm is easy: just follow the 4 R's…

1. **R**ecord your present feeling/emotion, or situation. (for example: *O God, I'm sick and tired of having so much homework to do!*)
2. **R**ecall a time or times when God has helped you in the past. (for example: *You've always been there for me when I feel overwhelmed. You helped me to get through final exams last semester.*)
3. **R**estate your understanding of who God is and how he helps you. (for example: *You are the God who never quits!*)
4. **R**esolve to let God work through you again. (for example: *Be with me now as I tackle the mountain of homework before me and help me to not give up.*)