Write Your Own Psalm



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.*)

