

THE BOOK OF SONGS

Did you know there are songs in the Bible? They're called *psalms*, which means "songs,"

and there is a whole book filled with them! It's called the book of Psalms, and it has 150 different songs.

There are **HAPPY** psalms for praising God. There are **SAD** psalms that help us bring our troubles to God. There are psalms that celebrate God's law and psalms of **THANKSGIVING**. Psalms about **WISDOM** and psalms about Israel's kings. Lots of psalms!

One of the most popular psalms is Psalm 23. It goes something like this:

God is my **SHEPHERD**. He gives me everything I need.

He lets me rest in beautiful, green pastures.

He lets me drink from cold, fresh streams.

He **REFRESHES** my soul.

He helps me walk on the right paths

so that His **GOODNESS** will be seen.

Even when I walk through dark, scary valleys,

I am **NOT** afraid, because God is with me.

He helps and **DIRECTS** me

with His rod and His staff.

He sets a good meal before me,

EVEN when my enemies are near.

God anoints my head with oil;

My cup is so full it **OVERFLOWS**.

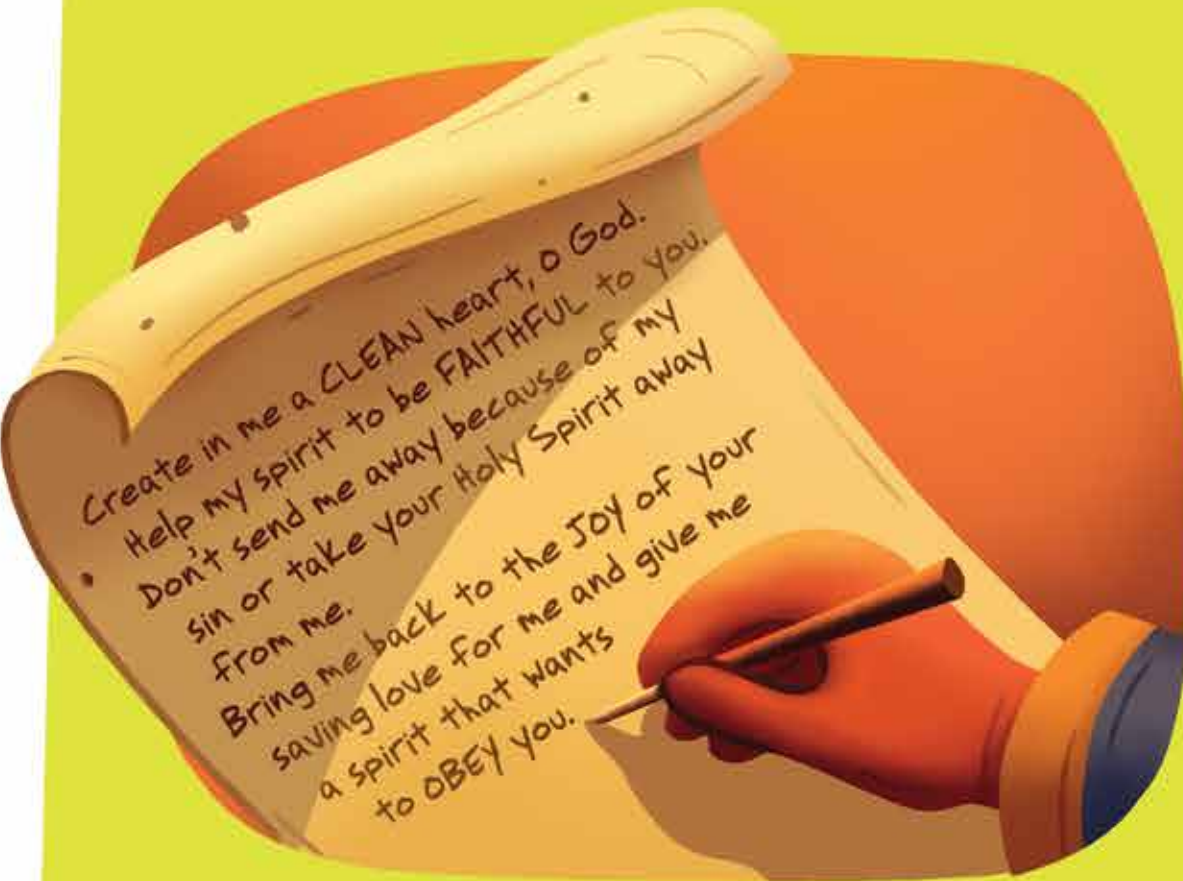
I know for sure God's goodness and love will be with me
for my **ENTIRE** life,

And I will live in God's house **FOREVER**.

Isn't that a beautiful song? It reminds us of God's love. There are many psalms that talk about God's great love.

There are also psalms that help us ask God for **FORGIVENESS** when we've done something wrong.

Once, when King David sinned badly, he wrote a psalm for God that still helps us today. In Psalm 51, David said:



David knew he couldn't be good all by himself. He needed God's help to do what is **RIGHT**! David knew sometimes he wanted to do bad things. So he asked God to make his heart new and **CLEAN**.

And David asked God to help him feel the joy of God's love for him every day, so he wouldn't want to do bad things.



Psalms is full of songs that express joy *and* sadness, gratitude *and* doubt, pleasure *and* pain. Besides teaching us about God's love and how to worship Him, the psalms remind us it's okay to be **HONEST** with God about all the different ways we feel.

There are 150 psalms in the Bible. Enough songs to read one every time you feel happy, sad, mad, or glad!



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FAMILY CONNECTION

PSALM 23



EVERYDAY TRUTH

God turns my sadness
into joy when I talk
and sing to Him.

TALK

What is your favorite part of Psalm 23?

Why do you think David wrote a psalm to ask
God for forgiveness?

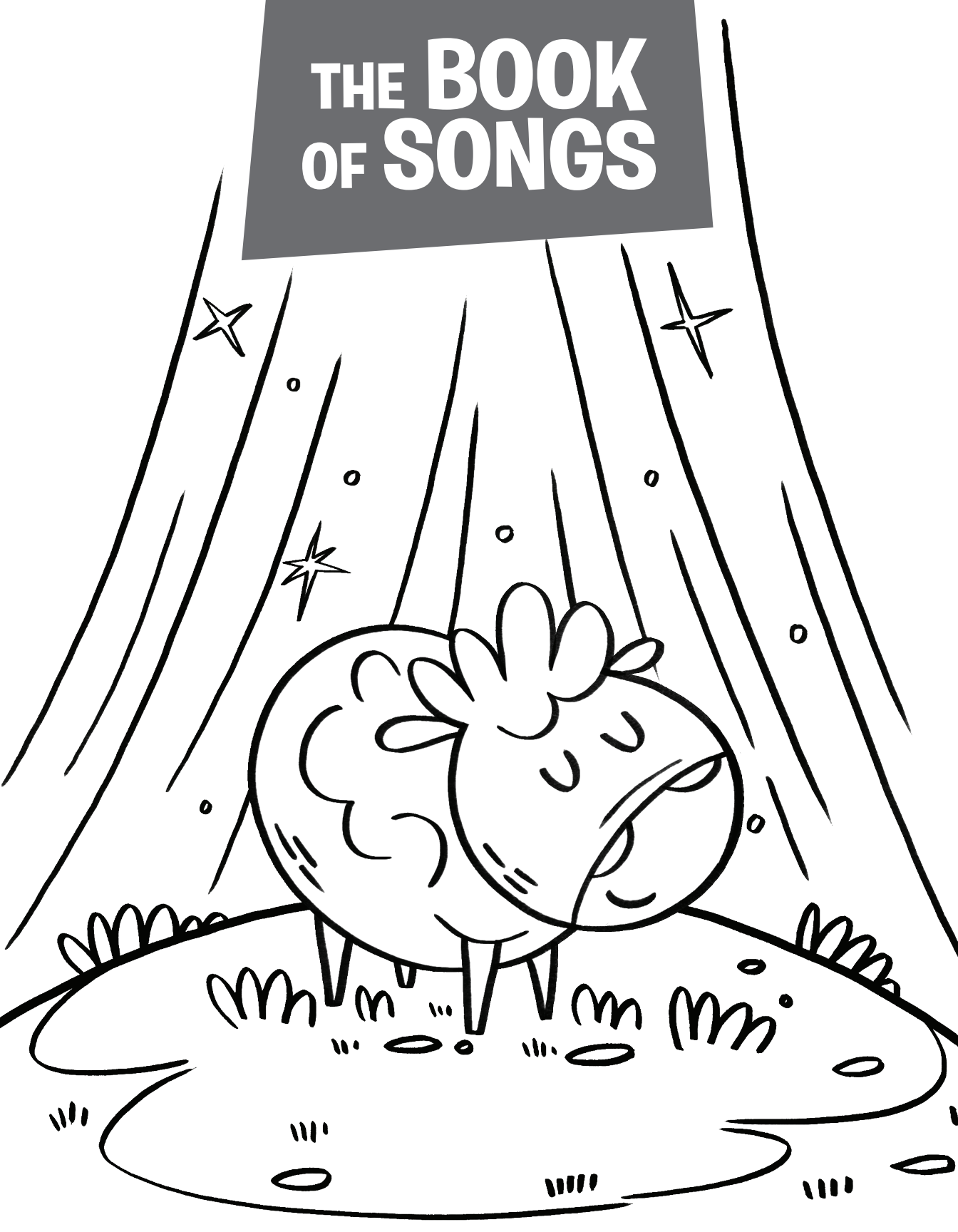
Dear
God ...



PRAY

Dear God, thank You that we can talk to You no
matter how we're feeling. Help us turn our sadness
into joy as we sing songs and pray to You. Amen.

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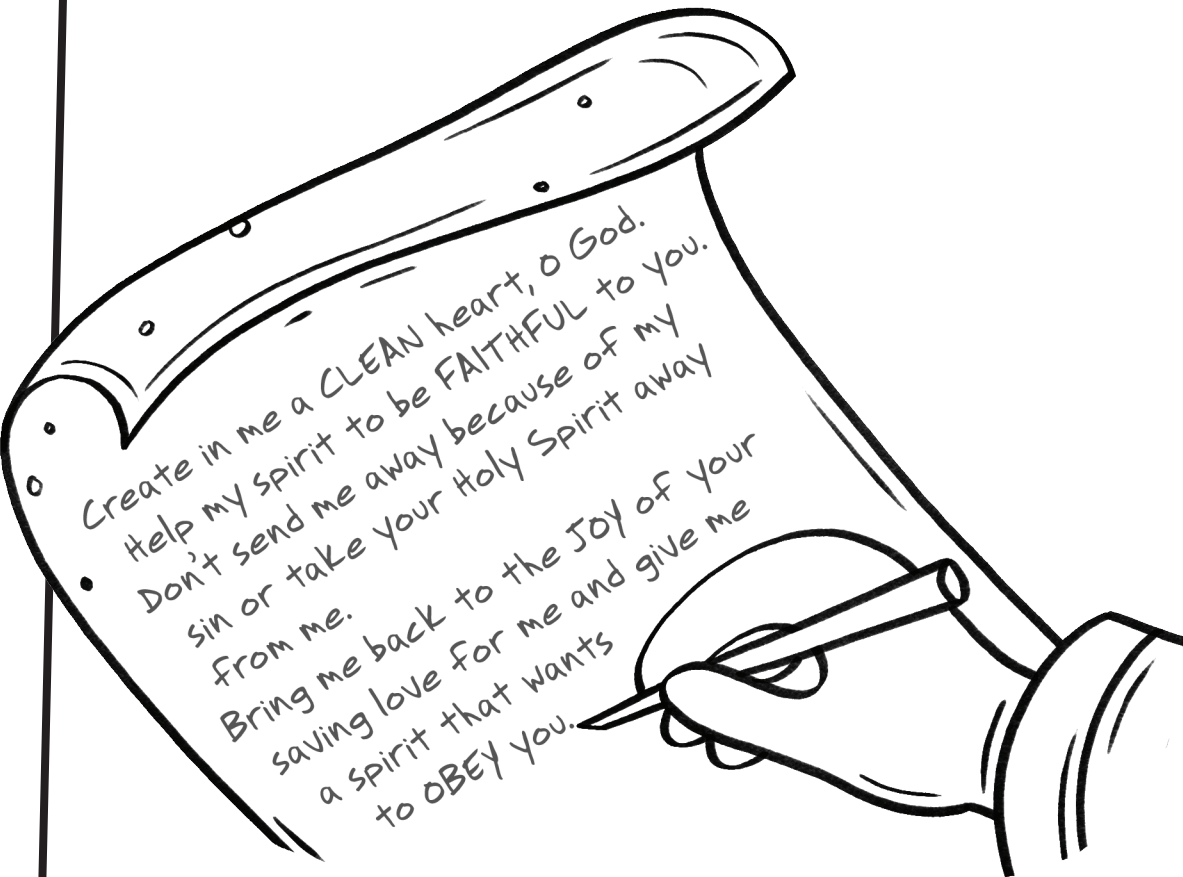
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