



Many of the Old Testament Psalms were composed by David. They are about times when he was happy, discouraged, felt thankful, needed help, when he wanted to celebrate, or needed to feel peace.

In some ways we are like David. We sing certain songs when we are happy, sad, feel thankful, or want to celebrate. And, like David, we can be blessed with peace when we sing gospel songs.

One reason gospel songs bring us peace is that they speak of spiritual things that have the power to make us happy. You can write a psalm, as David did!

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## **Instructions**

In Psalms 136 the writer list things he is grateful for then adds, “for his mercy endureth for ever.” Using this psalm as your guide, write you own psalm of peace. Make a list of things you are grateful for than add a phrase such as, “for this blessing from the Lord brings me peace.” Illustrate your psalm with some of the things you are grateful for. You could also add a simple tune and teach your psalm to your family.

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