



Psalm 145

Resources you will need: textas, highlighters blutak or sticky tape, 5 long strands of wool, music note cutouts and a treble clef, duplo or mega blocks, masking tape and printouts of the stations signs and cards.

Share with group to introduce Worship Stations:

Psalm 145 is written as an acrostic with the letters of the Hebrew alphabet. There are several other acrostic poems in the Old Testament including Psalms 25 and 34, Proverbs 31 and chapters 1-4 of Lamentations.

For Psalm 145, verse one begins with the first letter *aleph*, verse 2 *bet* and so on through to the final letter in the Hebrew alphabet *tav*.

Adele Berlin says Psalm 145 is a psalm where : “The poet praises God with everything from A to Z: his praise is all-inclusive. More than that, the entire alphabet, the source of all words, is marshalled in praise of God. One cannot actually use all of the words in a language, but by using the alphabet one uses all potential words.”

David’s Psalm written in this form was a way of writing all that could be said on the subject of God’s praiseworthiness.

He begins the Psalm declaring that for ALL time he will exalt God. His God the King of all.

Together we are going to spend some time expressing all our praise to God the King of all.

Read Psalm 145 v1-8 or v1-21 (depending on how much time you have set aside for worship).

We now have an opportunity to give some focus to this Psalm and make it our own.

Invite people to spend time at each of the 4 stations you have set up. Have music playing in the background. The stations do not have to be visited in any particular order.

Station 1: A Psalm of Praise

- Resources: Instruction sheet, printout of Psalm 145, highlighters
People read through the Psalm noting words that stand out to them and highlight a verse or word that is encouraging to them.



Station 2: Song of Praise – v7

- Resources: Instruction sheet, musical notes (at least one for every person), a treble clef, textas/pens or pencils, 5 long strands of wool or ribbon stuck on to the wall with tape set up for a music stave (long enough for each person to add their note), blu-tac or sticky tape if you need but the notes should be able to be woven through the stave and hold on their own
- People write something they specifically want to praise God for in their life.



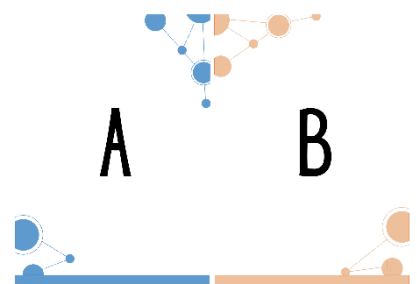
Station 3: Generations who Praise – v4-5

- Resources: Instruction sheet, masking tape, textas and duplo/mega blocks.
- People take 3 blocks and write their own name, the name of someone in a previous generation who “told you of God’s mighty acts” and the name of someone in a younger generation who they are sharing the mighty acts of God with. Masking tape can be added to all sides of the blocks and multiple people write on the same block. Build the blocks together in a tower or other structure.



Station 4: Alphabet of Praise

- Resources: Instruction sheet, printed alphabet letters, textas/pens or pencils.
- Set up the letters along a wall or on a table that people can add some names or descriptions of God for each letter eg. F = faithful, father, forever. L = loving, life-giving



Call people back together

Read Psalm 145 v1-21 again and invite people to pray in small groups with thankfulness to God for who he is and commit together to share that with every generation. Declaring that for ALL time we will exalt God. Our God the King of all.




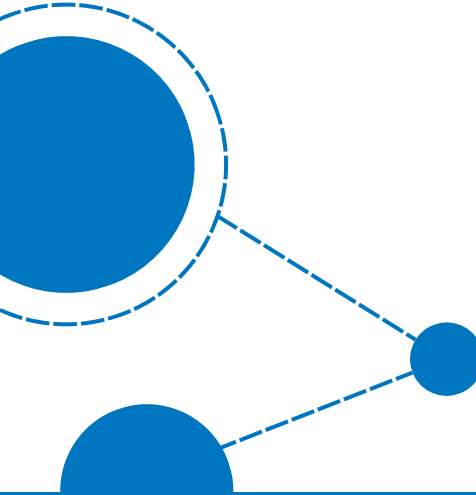
A Psalm of Praise

What stands out to you?

Slowly read through Psalm 145 and make note of words and verses that stand out to you

What do you think God might be saying to you?

Feel free to highlight a verse or word that is encouraging to you, and reflect on what you think God is reminding you through this passage



Psalm 145

1 I will exalt you, my God the King;
I will praise your name for ever and ever.

2 Every day I will praise you and extol your name for ever and ever.

3 Great is the Lord and most worthy of praise;
his greatness no one can fathom.

4 One generation commends your works to another;
they tell of your mighty acts.

5 They speak of the glorious splendor of your majesty—
and I will meditate on your wonderful works.

6 They tell of the power of your awesome works—
and I will proclaim your great deeds.

7 They celebrate your abundant goodness
and joyfully sing of your righteousness.

8 The Lord is gracious and compassionate, slow to anger and rich in love.

9 The Lord is good to all; he has compassion on all he has made.

10 All your works praise you, Lord; your faithful people extol you.

11 They tell of the glory of your kingdom and speak of your might,

12 so that all people may know of your mighty acts
and the glorious splendor of your kingdom.

13 Your kingdom is an everlasting kingdom,
and your dominion endures through all generations.

The Lord is trustworthy in all he promises and faithful in all he does.

14 The Lord upholds all who fall and lifts up all who are bowed down.

15 The eyes of all look to you, and you give them their food at the proper time.

16 You open your hand and satisfy the desires of every living thing.

17 The Lord is righteous in all his ways and faithful in all he does.

18 The Lord is near to all who call on him, to all who call on him in truth.

19 He fulfills the desires of those who fear him;
he hears their cry and saves them.

20 The Lord watches over all who love him,
but all the wicked he will destroy.

21 My mouth will speak in praise of the Lord.

Let every creature praise his holy name for ever and ever.





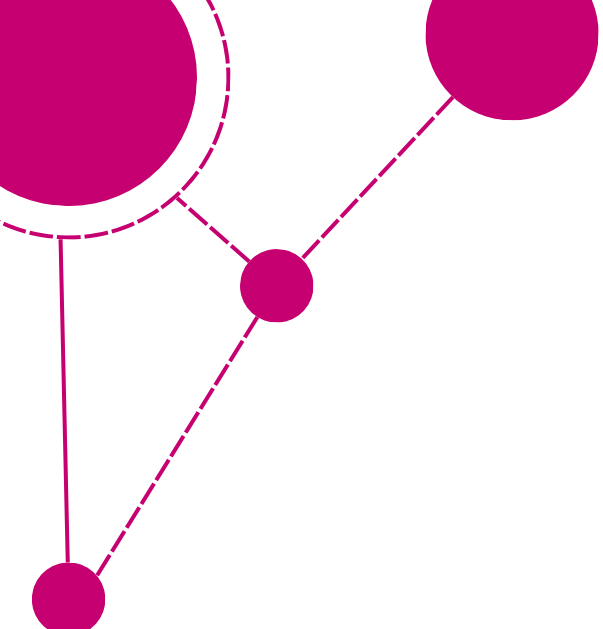
Song of Praise

**What's something you
can praise God for?**

Reflect on something God has done
in your life that you want to praise
him for

Take a music note and write your
praise point on it. When ready, add
your note to the music stave
alongside others to create a song of
praise to God together





**They celebrate your abundant
goodness and joyfully sing of
your righteousness.**

Psalm 145:7





Generations who Praise

Take 3 blocks

On one block, write your own name on the tape

Who told you about God?



Reflect on someone in a previous generation who told you about God's mighty acts, and write their name on the tape on a 2nd block

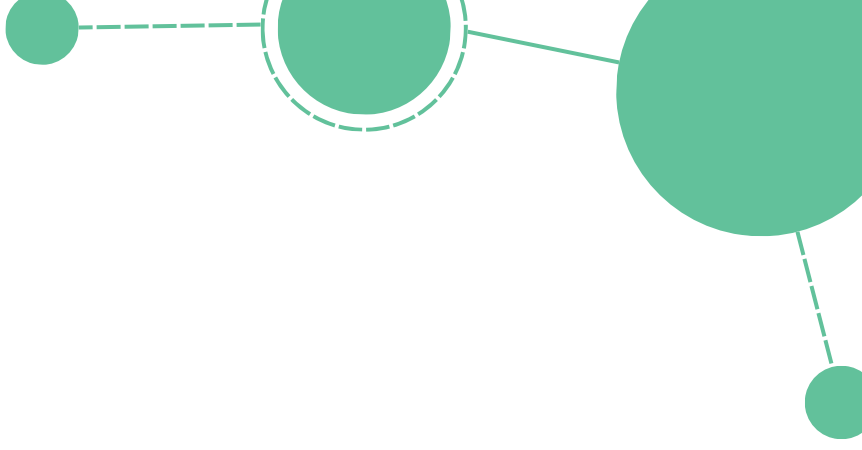
Who are you telling about God?

Reflect on someone in a younger generation who you are sharing the mighty acts of God with. Write their name on the final block.

Add your blocks to the tower of generations.

Thank God that he is a God
of all generations





**One generation commends
your works to another;
they tell of your mighty acts.
They speak of the glorious
splendor of your majesty—
and I will meditate on your
wonderful works.**

Psalm 145:4-5





Alphabet of Praise

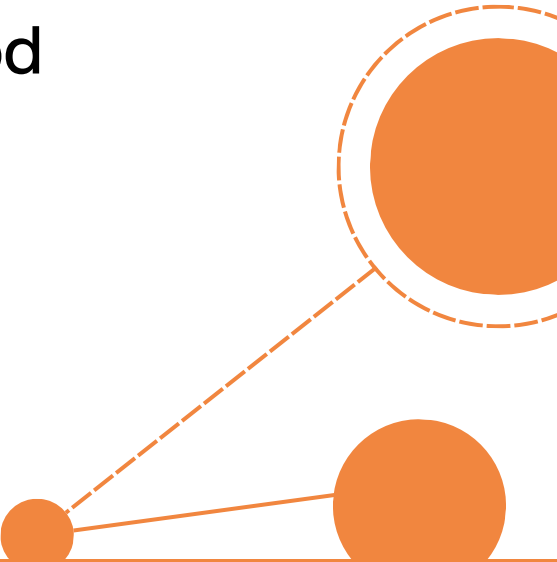
How would you describe God?

Take a moment to reflect on the different names, descriptions and characteristics of God

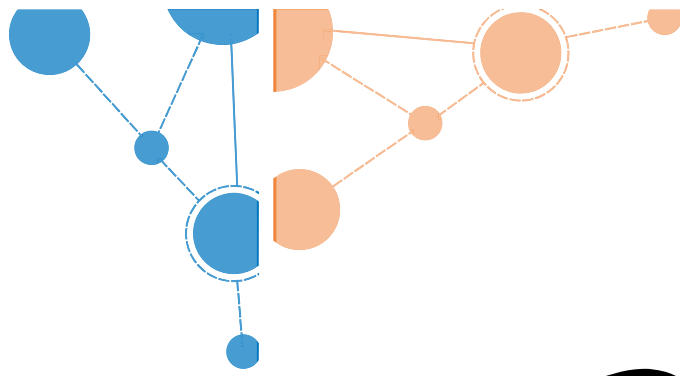
When you're ready, write some of those descriptions on the letters that those words start with

(Eg. "loving" or "life-giving" on the "L")

As you write them, declare those things to God in your heart



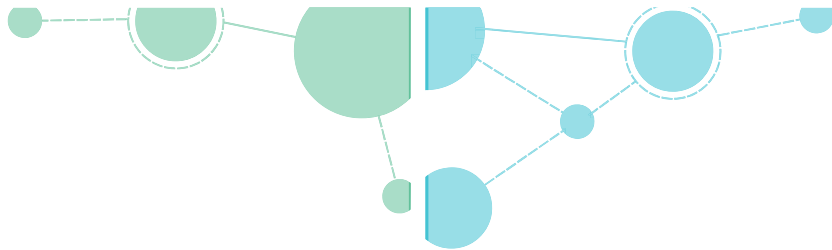
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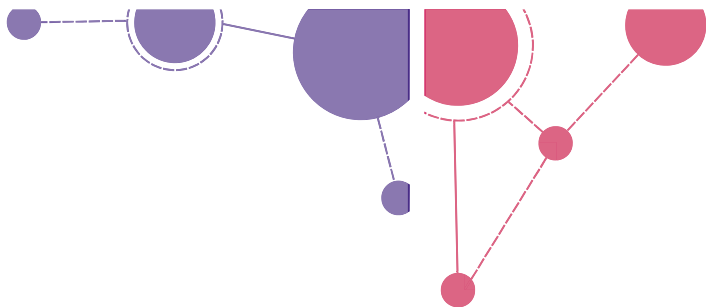


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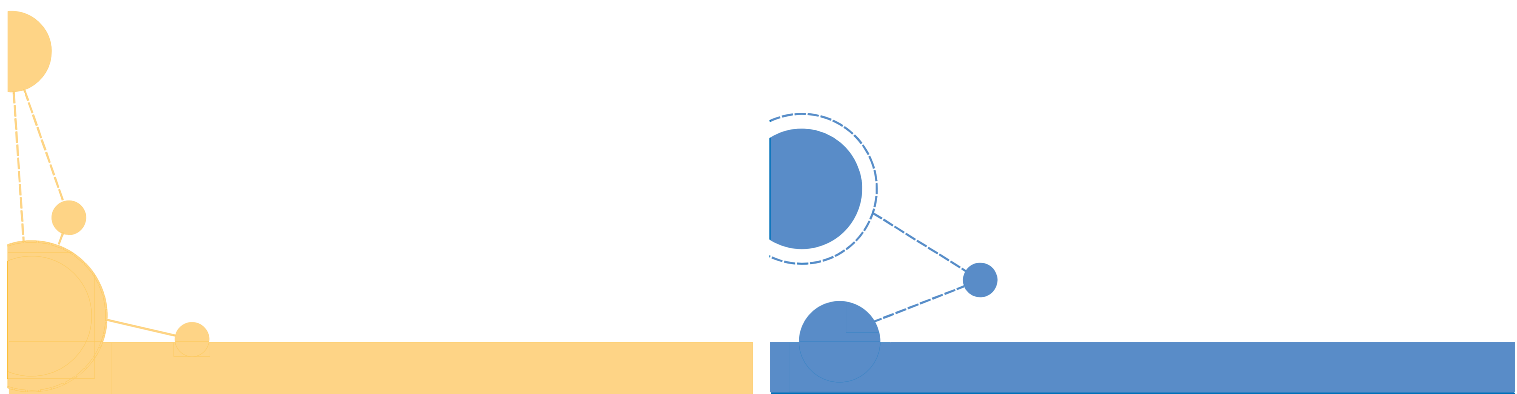
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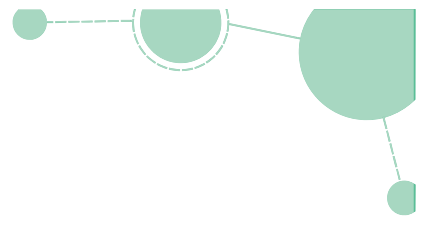
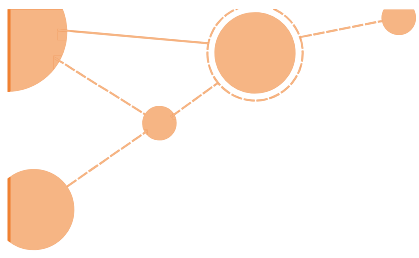
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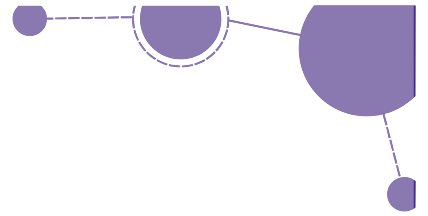
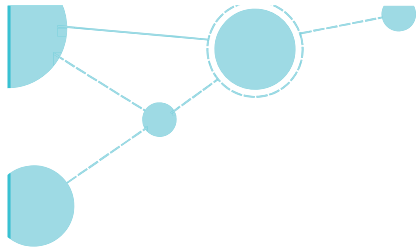
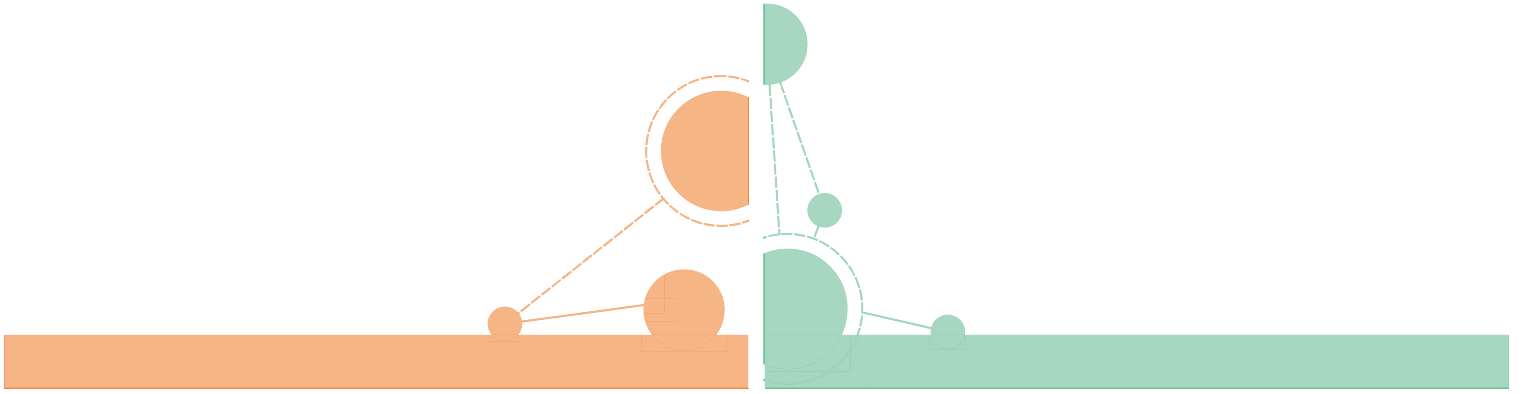
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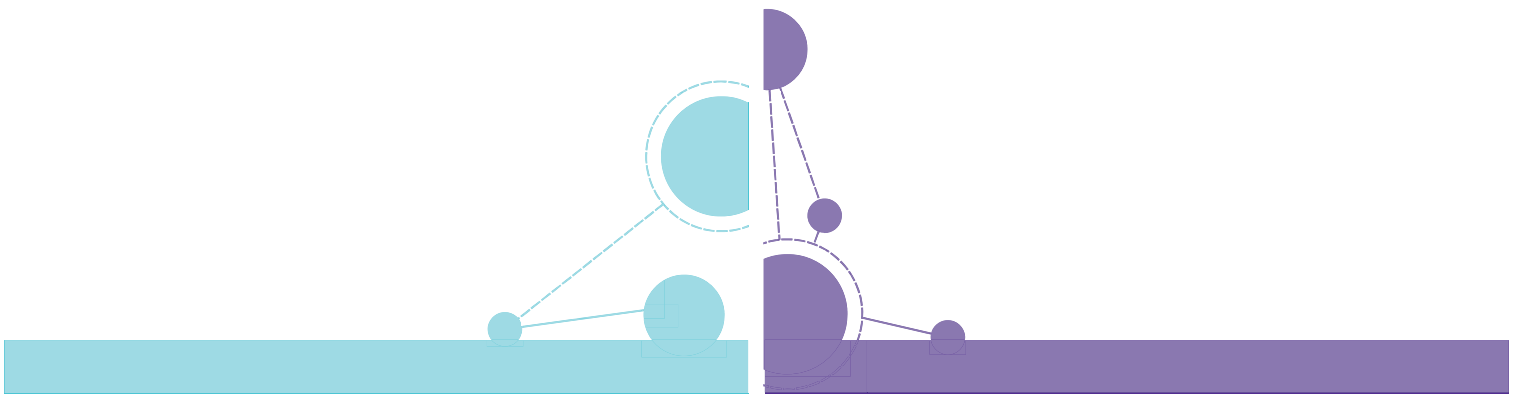
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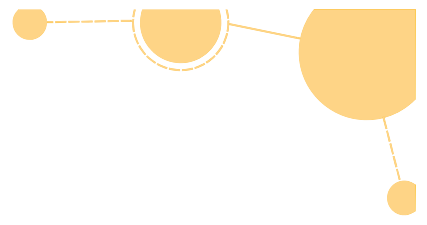
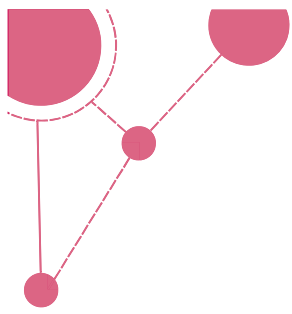
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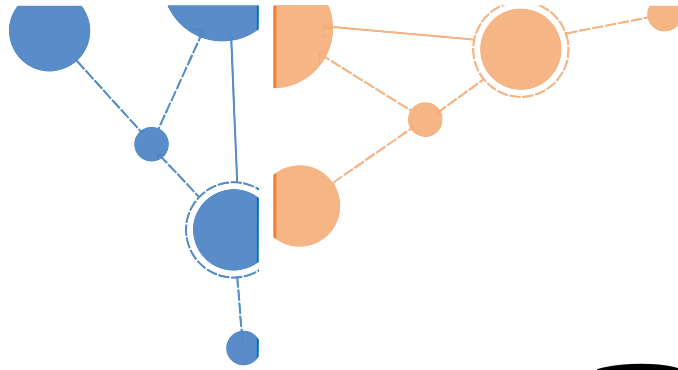
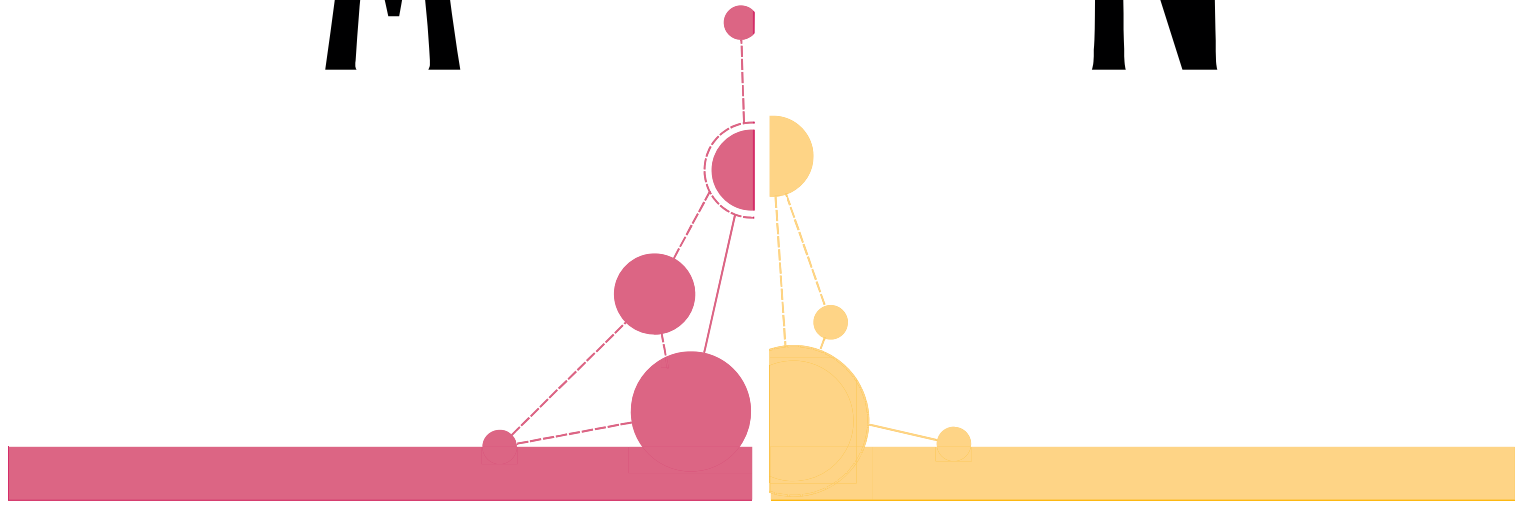
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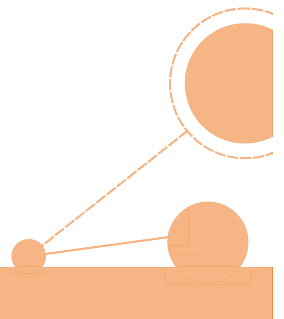
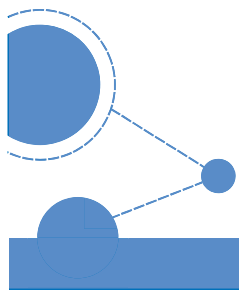
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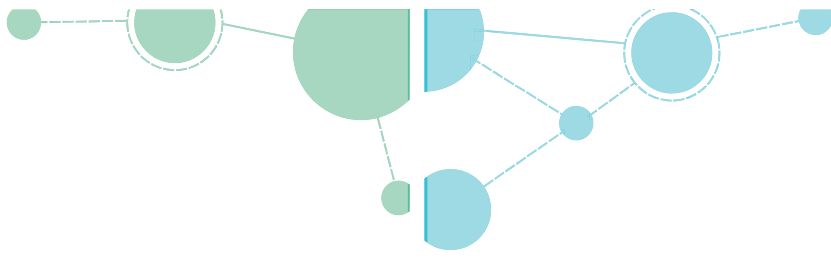
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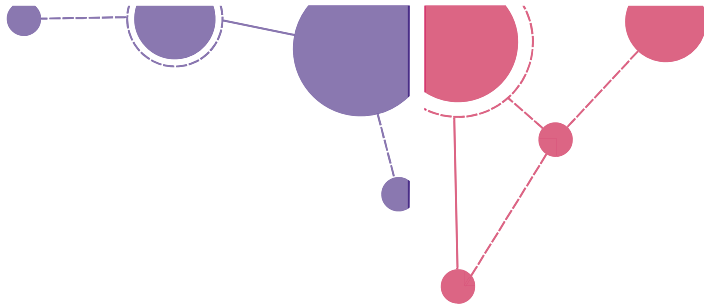
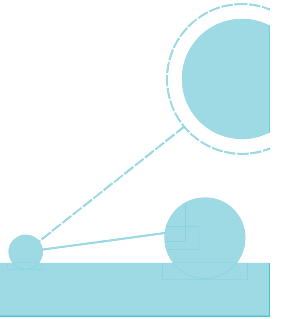
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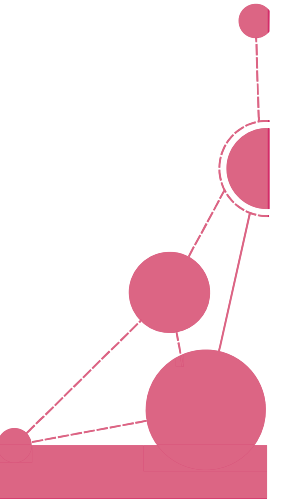
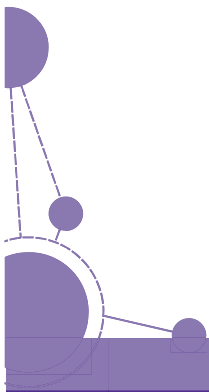
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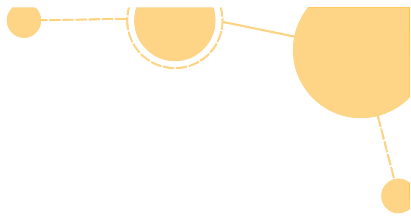


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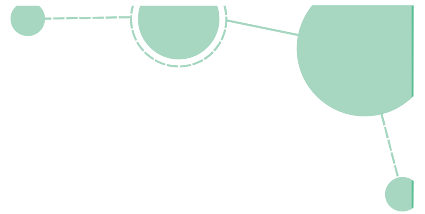
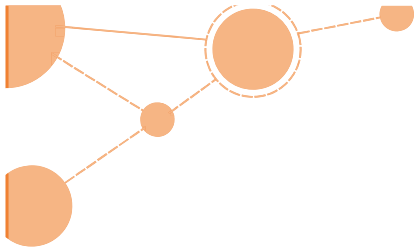
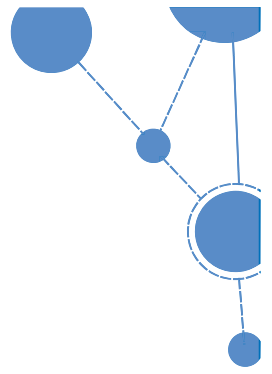
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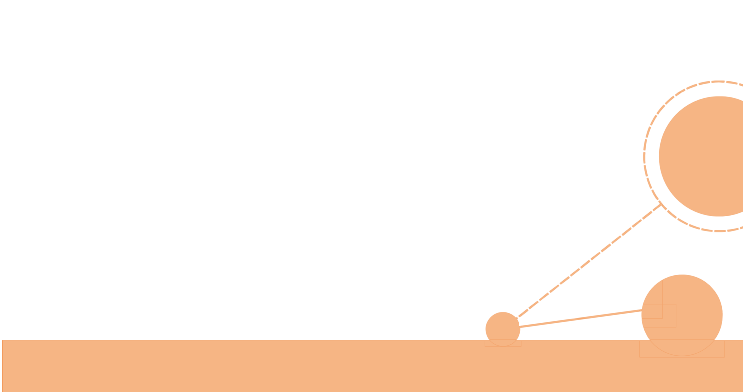


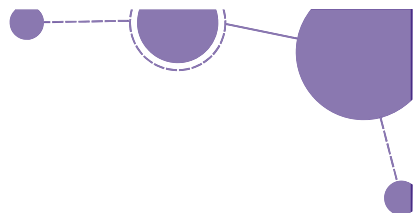
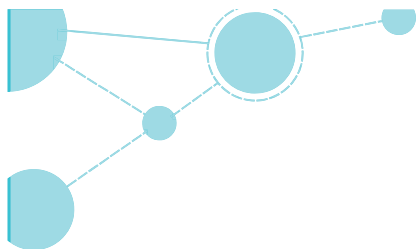
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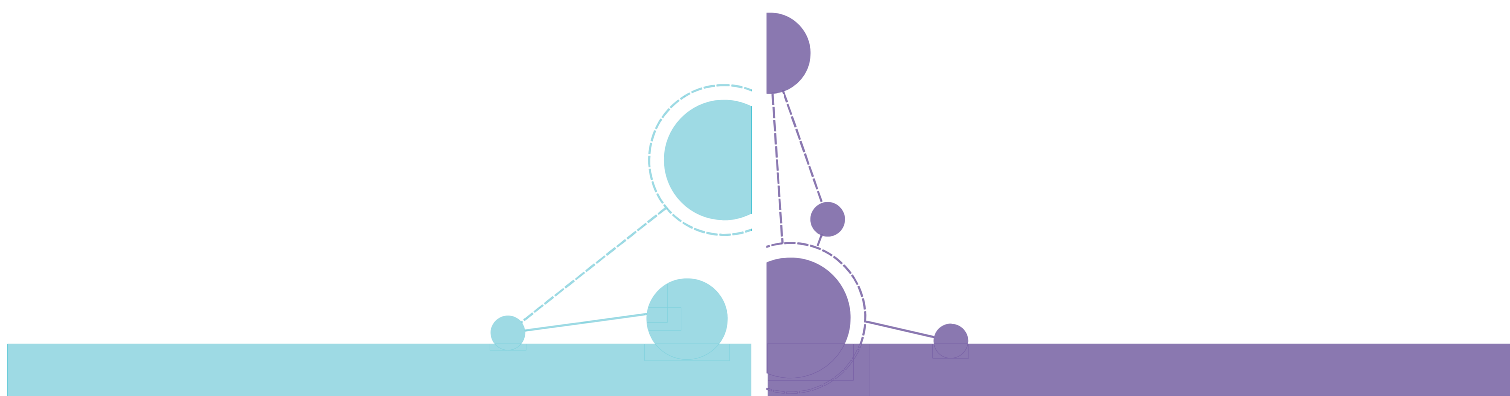
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Y

Z



Use the solid colour templates to cut out on a Cricut machine. Use the outline version to print on card and cut by hand.

A simple and effective alternative is to use a few metres of craft paper (available at Kmart & Big W) and hand draw the treble clef and stave. People can then hand draw their own outline of notes that they fill with words of praise.



