



How To Write A Psalm

1. Spend time in prayer contemplating what is weighing on your heart.

What is a burden, joy or passion that needs to be expressed?

2. Pick a theme of focus.

Praise for who God is, thanksgiving for what He has done, expressing fear or doubt. Praise for a specific blessing, remembering a special event, confession, etc.

3. Make it personal.

"I, me, and my" should be used!

4. Use descriptive language.

This is poetry. Try to say a lot without using a large number of words. Use adjectives such as awesome, majestic, mighty, incredible, etc.

5. Try writing like the Hebrews.

The biblical Psalmists used parallelism to express themselves in their Psalms. You might consider these three types:

A. Synonymous parallelism – expression in the first line is repeated in the second:

Example: Psalm 139:7-8

⁷ Where can I go from your Spirit?
Where can I flee from your presence?

⁸ If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.

Example: Psalm 85:2

You forgave the iniquity of your people
and covered all their sins.

B. Antithetical Parallelism – the parallel verse states the opposite idea.

Example: Psalm 20:7-8

⁷ Some trust in chariots and some in horses,
but we trust in the name of the LORD our God.

⁸ They are brought to their knees and fall,
but we rise up and stand firm.

C. Synthetic Parallelism – one thought is stated and the following verses develop or complete the thought.

Example: Psalm 84:10-11

¹⁰ Better is one day in your courts
than a thousand elsewhere;

I would rather be a doorkeeper in the house of my God
than dwell in the tents of the wicked.

¹¹ For the LORD God is a sun and shield;
the LORD bestows favor and honor;

no good thing does he withhold
from those whose walk is blameless.

Example of a modern day Psalm:

Praise to you King Jesus.
Praise to the One from whom all good things come.

I praise You for Your hand of blessing and protection on my children.
Thank you Father for loving them, guiding them and prospering them.
May they give You praise and glory all the days of their lives.

Lord, fill their mouths with truth and praise.
Lord, use their hands to change the lives of others.
Protect them from an evil world.

Praise to Jesus our Lord for He is faithful from one generation to the next.