

Songs of the Heart – 1

A Song for Every Season of the Heart

The Psalms don't pull any punches about life. All the realism of life from pain to delight, from hurt to joy, from the depths of despair to the heights of hope, all of them are called, "praises." We often forget that we can offer up all of our lives to God as praise, not just the good bits.

Psalms come in all shapes, sizes and colours

Short (Psalm 117) and long (Psalm 119)
Bright (Psalm 150) and blue (Psalm 70)
Stories, call and response, liturgy.

Songs because God is good (Praise)

Psalm 150 is a song we sing to each other, to remind ourselves to praise God.

Psalm 103 begins with the writer talking to himself.

Songs because I'm not (Penitence)

A basic reality of our lives as Christians is that we fail. And there are psalms for that.

The psalms do a great job of taking our vague and unexpressed feelings of guilt and putting them into words that we can express to God.

Songs for when life sucks (Lament)

If everything is supposed to become wonderful when we turn to God why is it that the most common type of psalm in the Bible is the psalm of complaint?

(Ps 54, Ps 88, Ps 12, Ps 22)

There is nothing you can say to God, no complaint about your life, that he hasn't heard before.

Songs for when life gets better (Thanksgiving)

Psalms of thanksgiving are very specific about how God has stepped in and made a difference in your life. (Ps 116)

Songs for the whole rhythm of life

There's a natural rhythm to the way that the psalms connect with our lives: praise, complaint, thanksgiving and back to praise.

The psalms show us that there is no experience, no emotional state, no feeling that we can't make into a prayer and bring back to God.