

'To sing is to pray twice'

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– St Augustine

1. What is your favourite hymn?

2. Write the words that are especially meaningful for you.

3. How do these words connect with your own life?

The Hebrew people were particularly aware of the power of music as a means of communicating with God. This belief was expressed in the psalms. Using a copy of the Old Testament, find and write in the space provided verses from the psalms that express the following:

1. Thanksgiving to God

2. Sorrow for wrongdoing and plea for forgiveness

3. Praise of God

Now write your own verse to express something you want to say to God right now.
