

## AFFIRMATION OF FAITH

On the back of this sheet, write your own Psalm of Praise, your own prayer that says, “*Wow.*”

Here is a framework for creating your psalm. Consider these questions/invitations to reflection:

- 1) Where and when were you the last time you saw or experienced something and instinctively said, “Wow!”? What do you think brought that response about?
- 2) Have you ever been speechless, absolutely unable to respond, to an act of worship or a space of worship?
- 3) What are some smaller moments of awe and wonder in your life? (ex. a delicious taste or smell, a fond memory of a place or person, the powerful beauty of a flowering plant’s life cycle) What are some larger ones? (ex: “thin spaces” of worship, breathtaking views, amazing good news, the light of the Milky Way in the night sky in a deserted field)
- 4) What are you grateful to have learned or to be still learning about that causes you to say, “Wow!”? (ex: there are multiple universes, we keep learning about new ways to treat cancer, prayer somehow changes lives no matter the outcome)

Pattern:

- Begin with a simple phrase of praise (ex. “Great and Gracious God, I honor you” or “Creator God of the Universe, I praise your name”)
- Use the answers to the questions above to form the verses of the Psalm. (ex. “I give you thanks for...” or “I stand in awe of...” or “I am amazed by...”)
- Consider interweaving the opening phrase or another phrase after every few verses or lines (other examples: “I stand amazed, O Lord,” “Your presence is powerful and amazing”).
- You might end with the repeating phrase or create a new word of thanks: “We sing and live in thanksgiving to the God of All Creation.” Or “For all that has been, thanks. For all that will be, yes,” from Dag Hammarskold.

We will take some time for silent reflection and then pray our psalms in our hearts.