

## What is a "psalm"?

If you open a Bible to the middle, you might find the book of Psalms. The psalms are prayers and praises to God. During Old Testament times, the psalms were sung during worship in the

temple. The book of Psalms was like the hymnal of the Old Testament.

## Why do we sing them in church on Sunday?

Many of the psalms were written to use in worship. Christians have been singing psalms to the Lord since the beginning. Colossians 3:16 instructs us to use psalms, "Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God."





Parents: Before or after the service, show your child where to find the book of Psalms in the Bible. Remind them that these are prayers and praises to God that He gave to us. There's no better way to worship than with the words He has given! Try using one in your devotions at home.

