



## Let's Say a Psalm

**Psalms re-worked for children,  
all-age worship, and family devotions**

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There are 150 Psalms in The Bible, written nearly 3,000 years ago, including some of the most famous and beautiful poems ever. Psalms are about real human life, full of feelings. They sing about fights and celebrations, and bring it all to God. Psalms teach us how to pray, in the hard times and the good times, in church and alone and with the people we love. I hope that my versions ring true with each original Psalm and also translate the word pictures into images that kids in 2015 can relate to and find God in. I also hope that you find other translations and enjoy 'saying the Psalms' together.

### **Psalm 3: The Shield around me**

I'm sick of hearing it!  
I get it at school and at home and on TV and on the internet,  
people saying "Don't be stupid!  
You're dumb to believe in God!"

I know they are wrong  
I know that you are real, God!  
You are strong and solid under my feet  
You fill my heart up to the top with love  
You hear my voice and answer me  
When I feel down, you lift up my head  
When I am tired, I curl up and rest  
safe in you.

Hey, world! I'm not afraid of you!  
Say what you like, think what you like -  
I know who I am  
I belong to Jesus Christ  
I belong to the Father of all  
I belong to the great Spirit  
my blessing, my shield, my glory!

### **Psalm 4: I rest in you**

*A night prayer*

**I rest in you, O God,  
I am in your safe keeping,  
body and soul held in peace.**

My heart cries out to you, my God.  
All that upsets me you see,  
all that disturbs me you understand.  
Only here in your presence  
am I fully known.

I am wrapped in grace.

**I rest in you, O God,  
I am in your safe keeping,  
body and soul held in peace.**

I try to relax but anger rattles me  
I try to relax but my failings niggle at me.  
Be still, be silent.

Put your trust in the Lord.

**I rest in you, O God,  
I am in your safe keeping,  
body and soul held in peace.**

In the stillness the light of your face shines.  
My heart turns to thankfulness and is glad.  
I have more than enough.  
You, Lord, are more than enough.  
I lie down to sleep, safe and sound.

**I rest in you, O God,  
I am in your safe keeping,  
body and soul held in peace.**

### **Psalm 8: Out of the mouths of babes**

God, our living God,  
you are amazing!  
You are higher than I can look,  
You are wider than I can see.  
But I can hear you –

Listen!

We can hear you in the laughter of a little child,  
We can hear you in the babbling of a baby.  
You don't need words to tell us of your power.

Why do you need us at all?

We are so small, and the world is so big,  
the stars are so many and space is so enormous.

God, our living God,  
you are amazing!  
You made everything.  
Why do I matter?

But we do matter!

God cares for us most of all,  
and through us God cares for all the world.  
You put everything into our care,  
all the animals, all the birds, all the fish,  
everything that creeps or flies or runs or swims,  
even the land and the air and the sea.  
It is all ours to look after.  
God, our living God,  
you are amazing!

### **Psalm 10: Why, Lord, why??**

Why, Lord, why is our world so troubled!?  
Where are you when we need you?  
Let me tell you what's wrong with the world ...  
So many people are trapped in poverty  
while other people are full of riches,  
but they always want more, more, more.  
People are so proud, saying to themselves,  
"We don't need God", and even "There is not God"!  
They don't give a stuff about anyone else.  
They build mansions with high fences to keep everyone out  
and don't care who gets hurt so that they can get richer.

People these days laugh at the truth  
and make up all sorts of lies.  
They curse and gossip and steal.  
If they see something they want they swoop down and grab it.  
They are so sure that they can get away with anything!

Step in, Lord, step up and act in our world!  
Show that you care about the poor and the orphans.  
You do see what is going on,  
you do feel their trouble and pain.  
They have no help except for you.  
Stand up against the bullies,  
stop bullies from taking over and terrorising everyone!

You are the true King, for ever and ever,  
the King of justice for the people who don't matter in our  
world.  
You will make their hearts strong,  
you will hear them and lift them up.  
You are always here when we need you!

### **Psalm 11: The XBox Psalm**

Bang! Bang!  
Lights flash in the dark.  
They are shooting at me again!  
I duck down behind the rubble  
but shots come from behind me -  
Bang-bang-bang!  
I'm not safe here  
and I'm out of ammo.  
Frantically I look around -  
there must be somewhere to hide!  
There must be someone to cover me  
while I make a dash for it!

All good fun in an X-Box game  
but life gets like this sometimes.  
When it does, you'd better know who has got your back!  
And sorry, people might do their best  
to protect and care for you, but they will fail.

Strong people, strong in a deep solid useful way,  
know that no matter what  
they are safe inside,  
because the battle for their life  
has long ago been won!  
Strong, safe people know that God is their refuge  
so they can be a refuge for others.  
And there, as we care for one another  
we see the face of God  
and know the power of love.

### **Psalm 17: The Apple of your Eye**

*Guard me as the apple of your eye.  
Hide me in the shadow of your wings.*

Can you see me, God?  
Do you know who I am?  
See into the dark, see my every secret,  
watch the path I walk, see my every step -  
I do my best to follow you.

*Guard me as the apple of your eye.  
Hide me in the shadow of your wings.*

Can you hear me, God?  
Do you hear my cries for help?  
Listen to the whispers of my enemies  
as they plot to bring me down,  
like lions they lurk waiting to pounce on me!

*Guard me as the apple of your eye.  
Hide me in the shadow of your wings.*

I call out to you, for I know that you are near.  
I pray to you, for I know that you protect me.  
In your love I am safe, in your steadfast love.  
You are my savior, my wonderful Saviour.  
With the eyes of my heart I will see you,  
I will see your face and be filled with joy.

*Guard me as the apple of your eye.  
Hide me in the shadow of your wings.*

### **Psalm 18 Part B): The Volcano Psalm**    verses 7-15, 46

The mountain shook  
the rock cracks open with a roar  
smoke blasts out  
filling the sky with black  
and look! – fire is shooting up, exploding out  
rocks on fire flying through the air  
as the ground rumbles  
stones fall from cloud  
ash drifts over everything.  
When night comes the glow can be seen from far away  
When day comes all is grey.

We like the earth to keep still  
and our God to be predictable  
but sometimes things erupt  
the foundations of the earth  
burst open to be seen, on the move,  
exploding with God's power!  
Ours is not a pet god  
He has a molten core.  
His passion blasts into our lives  
if we dare!

The Lord lives! Blessed be my rock –  
even if the rock is on fire!?

## **Psalm 19: Song of the Stars**

The universe shouts your Word!  
What language do stars speak?  
Words of vast emptiness and infinite distance,  
words of brilliant light and constant explosion,  
whirling words, ancient words, alien words.

Around one Word we spin -  
the Sun, light of our world,  
cruising in glory across the sky;  
colours all things, warms all things.

Around God's Word we gather -  
the Son, light of the world.  
His way finds the lost  
his truth opens blind eyes  
his life conquers death  
his bread feeds our hunger  
his Spirit fills hearts with joy  
his desire burns away greed  
his touch is sweeter than honey.

May our lives shout your Word  
in all we say, in all we do,  
out in the open or hidden in the dark.  
May our lives sing your Word  
in the secrets of our soul,  
in trouble, in shame, in confidence.  
Shine brightly, Lord  
and hold us in your orbit.  
Amen.

## **Psalm 20: God bless you!**

**May God bless you and keep you.**

When you cry for help

**God will answer.**

When you are in trouble

**God will be there.**

When you are lost

**God will find you.**

When you are afraid

**God will support you.**

**May God bless you and keep you.**

In the plans you make,

**in all that you hope for,**

in the deep desires of your heart,

**God is alive and at work.**

When you ask for help for other people

**God works through you.**

When you do great things

**God cheers you on**

and all God's people

**shout for joy!**

**May God bless you and keep you.**

Some people rely on guns and fast cars

**but we trust in God.**

Everything else will crash to the ground

**but we will stand tall.**

Be strong in the Lord,

**Be proud of our God.**

God is proud of you!

**May God bless you and keep you.**

### **Psalm 24: Lift up the ancient doors!**

Lift up your heads, ye gates!

**Lift up the ancient doors!**

- that the King of Glory may come in -

**Who is the King of Glory?**

The universe is his, and all that is in it  
The whole earth is his, and all that lives on it  
He formed the foundations of everything  
Creator King, come in, come in!

Lift up your heads, ye gates!

**Lift up the ancient doors!**

- that the King of Glory may come in -

**Who is the King of Glory?**

Who wants to see this King?  
Who dares to come close to this glory?  
You could stand on the street outside  
and snap photos as he passes  
Or you could come in and stand in his presence!  
But be warned – you cannot enter his gates  
in your own power or goodness  
for look, there he kneels, this King of Glory  
with a bucket of water and a towel.  
You must let him wash you.  
Lift up your heart to the Servant King!

Lift up your heads, ye gates!

**Lift up the ancient doors!**

- that the King of Glory may come in -

**Who is the King of Glory?**

The LORD – Father, Spirit, Jesus -  
magnificent in power, Lord of all,  
He is the King of Glory!

### **Psalm 26: True North**

I trust you O Lord  
by you I set my bearings.  
You are my true North  
and I will walk in confidence  
in the right direction –  
towards you!  
Even when I close my eyes  
I can feel the warmth of your love  
shining on my face.

There is plenty that could distract me  
and knock me off course:  
gossip and stupid chatter  
puffed up self-importance  
getting rich no matter what  
bloodthirsty need to control.

I won't go there!  
I won't sit in evil dens  
or waste my time with people going nowhere.

I am walking tall, walking free!  
I love your presence, living God,  
your glory shines around.  
I sing for all to hear,  
songs of freedom and thanks,  
praise for all you have done and all you are.  
I'm on solid ground, my path is clear.  
Bless the Lord!

### **Psalm 27: Take courage, my heart!**

My God is my light  
My God is my savior  
Why be afraid?  
My God is my safety  
My God is my home  
I won't be afraid!

Sure, I might get teased,  
I might get hurt,  
but I don't need to be scared.  
OK, people will call me names  
and will try to bully me,  
but I will stand tall!

Some days are bad days - that's OK.  
Some people say nasty things - that's OK,  
because I am hidden with Jesus  
in the safest place,  
in the arms of God,  
like sleeping in a tent,  
like standing high on a tall rock  
where nothing can get me.

With God's care around me  
I will sing and dance  
and shout for joy!  
With God's face shining on me  
I will be patient though bad days.  
I will be strong.  
Take courage, my heart,  
lean on God.

### **Psalm 29: The Hurricane Psalm**

Batten down the hatches, secure the sails!  
Bring in the picnic chairs and shut all the windows!  
A storm is coming!!

**The Lord our God is strong and mighty!**  
**All glory belongs to our God!**  
**His name is magnificent,**  
**His voice echoes with power!**

Dark clouds gather.  
The wind picks up and tosses the waves.  
Lightning flash, thunder rolls, rain blasts,  
air whips, trees strain, branches crack,  
flying rubbish, bursting streams ...

**The Lord our God is strong and mighty!**  
**All glory belongs to our God!**  
**His name is magnificent,**  
**His voice echoes with power!**

Even in our terror we marvel.  
Even as the windows whistle we cry "Glory!"  
Ours is not a tame God.  
Our world gets tossed and tumbled,  
blowing away our illusion of security.  
Lord, give us strength.  
Lord, bless us with peace.

**The Lord our God is strong and mighty!**  
**All glory belongs to our God!**  
**His name is magnificent,**  
**His voice echoes with power!**

### **Psalm 34: Always Praising!**

I will bless the Lord all the time!

**We'll never stop praising our God!**

Magnify the Lord with me.

**Together we'll lift his name high.**

Taste and see - the Lord is good!

**Relax and rejoice - you are safe in him.**

When trouble comes, cry out to God.

**He is always around you, protecting you.**

The Lord is near to the broken,

**He saves those who are crushed.**

God sees us, God hears us, God knows us.

**He rescues us from all our fears.**

Listen everyone – this is the way to live:

**speak truth, speak kindness,**

walk away from what is wrong,

**choose to do what is right,**

seek peace and follow peace.

**We'll never stop praising our God!**

### **Psalm 36: Far Reaching Love**

Your love, O God, reaches up, up beyond the sky,

**Your goodness goes higher than the clouds,**

Your power is bigger than the tallest mountains,

**Your truth goes deeper than the ocean.**

O God, we treasure your infinite love.

**All people can hide in the shadow of your wings.**

O God, we celebrate your mighty river of joy.

**All people can feast together in your house.**

O God, you are the fountain of life.

**All people can find light in your light.**

So why do people turn away from you?

**Some people choose to be bullies,**

they don't care about anyone except themselves.

**They think they can get away with anything.**

They don't give a stuff about what helps others.

**We turn away from what is wrong,**

**We choose you, O God.**

Protect us from anything which tries to harm us.

**You have the victory over evil,**

**it is crushed under your feet.**

Your love, O God, reaches up, up beyond the sky,

**Your goodness goes higher than the clouds,**

Your power is bigger than the tallest mountains,

**Your truth goes deeper than the ocean.**

Hold us in your amazing love, now and forever.

**With loving hearts we will live in you. Amen.**



### **Psalm 47: A Shout of Praise**

Come in, come in,  
come one, come all!  
Lift your heart,  
clap your hands.  
Shout praise,  
sing joy,  
to our God, the Highest One,  
to the Majesty of Majesties!

Come, see the world  
from God's point of view –  
In him the victory has already been won,  
all that troubles us is overcome,  
under our feet.  
In him we are at home –  
come, claim your inheritance.  
Come home to his love.

So lift God higher!  
Let thanks and praise  
lift the roof of your soul!  
All that has been, is, or shall be  
belongs to our God  
and is restored by our God.  
Come, give honour!  
Come, give praise,  
here and everywhere, amen!

### **Psalm 54: Help me now as you've helped me before**

You've done it before  
and you'll do it again -  
Answer my prayer, O God!  
You've helped me before  
and you'll help me again –  
Save me, O God!  
This has happened before  
and will happen again –  
I'm trapped, I'm attacked,  
I'm sorry for myself.  
Many are those who don't know you -  
they twist the truth  
and work against your ways.  
But then I remember  
who I am to you.  
I remember how you work  
in me and through me  
And so I praise you now  
as I have praised you before  
and will praise you again  
for you are Lord  
and you are good  
and I am yours.

### **Psalm 61: Can you hear me, God?**

I'm calling out to you, my God -  
can you hear me?  
I feel like I'm miles away from you.  
I feel like my heart is sore.  
Take me by the hand and lead me.

I am safe with you,  
safe and lifted high  
where nothing bad can reach me.  
I am safe with you,  
safe and warm,  
wrapped in soft feathers  
like a baby bird tucked under its mother's wing.  
I know that you hear me,  
and you bring me into a loving family of God.

So I will lift high the name of Jesus  
the King for ever and ever,  
the King of mighty love and strong faith.  
So I will always praise you, my God,  
every day and every day.

### **Psalm 63: Hide and Seek**

O God, my God, my friend,  
I am looking for you, I need to find you!  
I need you like I get desperate for a drink on a boiling hot day.

I need you when I am hiding  
from people who are trying to hurt me.  
Save me from lies, rescue me from danger!

I have seen you sometimes out of the corner of my eye -  
you are light and kindness and glory.  
I have felt you sometimes in church as love fills the air,  
it's great to sing and praise and celebrate!  
All my life I will love you,  
O God, my God, my friend.

And now you are here, you found me!  
You lead me to a party, all my friends waiting for me,  
plenty to drink and eat, a feast of my favourite food -  
I am full of joy!

And when it is time for bed  
I snuggle up with you, like you were soft as soft,  
gentle wings over me through the night.

And tomorrow, and every day, I will hold on to you  
and you will hold on to me,  
O God, my God, my friend.

### **Psalm 64: It's not OK!**

Listen up, God -  
It's not OK, it's just not fair!  
They're out to get me, I know they are.  
Behind my back they plot ways to hurt me.  
They've got nothing better to do  
than make plans to trip me up.  
They use cruel words like arrows  
that come at me out of nowhere.  
They ambush me, I hate it!  
They think nobody knows and nobody cares  
that they make my life hell.  
They're so sure they will get away with it.  
Why are people so mean?

Stick up for me, God!  
Shoot them back, make them pay!  
Make an example of them,  
see how they like being laughed at for a change!

God, I know that you don't work like that,  
but I wish everyone could see your justice done.  
What I will do is choose to find joy in you  
even when I don't feel very happy.  
I will choose to feel safe in you  
even when I feel afraid.  
For you love me  
and that love is so much bigger and more amazing  
than anything anyone can do to me.  
Thank you God. Amen.

### **Psalm 66: Come and hear!**

Come, everyone, come and sing!  
**This is our story, this is our song,**  
praising our Saviour all the day long!  
**Sing the glory of his name, let's hear of his greatness!**  
Say to our God, "How awesome you are,  
**how amazing is your power!**  
All the earth worships you!"

Come, everyone, come and see!  
Here we are, God's people,  
here because of what the Lord has done for us.  
Remember how he brought the people of Israel  
out of slavery, through the sea, safe and sound?  
It's the same for us – we too have been lead into freedom.  
God did not let our feet slip or our enemies overtake us.  
Mind you, it was not always easy:  
we have been tested to the limit,  
carried heavy burdens on our backs.  
God has led us through fire and through water  
and out again into wide open space.

Come, everyone, come and hear:  
**cry aloud to God, shout your praise!**  
Here we make our vows,  
**promises that we will keep.**  
Here we bring our offerings,  
**together with our prayers.**  
Bless the Lord who hears us,  
**his everlasting love will never leave us.**

### **Psalm 67: All you peoples praise!**

God, our God, be good to us and bless us  
**make your face to shine upon us**  
make your ways known in all the earth  
**show your saving power in all the nations.**

God, our God, has been good to us and blessed us  
**God is blessing us now and will keep on blessing.**  
All you peoples – praise our God!  
**All you nations – be glad, sing for joy!**  
For God rules with justice and peace  
**and guides all the nations**  
God brings forth goodness on the earth.  
**All you peoples – praise our God!**  
To the very ends of the earth –  
**honour and rejoice in God!**

### **Psalm 70: Hurry up!**

Hurry up, God, I need your help!  
NOW would be good!  
Come on, God, get a move on!  
I'm in trouble, I'm under attack,  
people are out to get me!

I want everything that's been thrown at me  
to bounce back in their faces,  
see how they like that!  
Hurry up, God! Save me! Protect me!

I feel small, poor and needy,  
but you are my help and my saving power.  
I trust you no matter what.  
With all your people I will say "God is great!"  
Everyone who loves you will find joy in you.  
But right now ...  
I wish you would hurry up and do something!

## **Psalm 71: All our lives long**

*(for a child and an old person to read. The child's voice is in bold.)*

In you, O Lord, do I live

**In you, O Lord, I grow**

You are our God, our rock and refuge

**You are my rock, like a rock to dive off into the river**

You are my rock, like a home well fenced and protected

**Hear us when we call, O God, lift us into your arms.**

All my life long you have been with me

**When I was born and took my first breath, you held me**

All through the years I have leaned on you

**Through all the years ahead I will lean on you.**

When I was young you taught me

**When I grow old you will bless me**

I remember all you have done for me

**I will tell everyone how great you are!**

It hasn't always been easy. People have attacked me.

**It isn't always easy. Some problems seem really big.**

But I hope continually. I trust and keep on trusting.

**I sing and keep on singing**

My lips will shout for joy, my soul also,

for you have rescued me

**I will play the guitar and the drums,**

**to praise you loudly!**

I will put your love into words for anyone who will listen.

**Your power and glory reaches from high above  
to deep below**

Your saving grace reaches from before we were born

to our very last breath, and beyond.

**Holy One, wonderful God, we praise you!**

Holy One, marvelous Lord, we praise you!

## **Psalm 78: Tell our story to the children**

Gather round, everyone, for I have a story to tell.

It is a story from long ago, all the way up to right now.

Listen up, children, for this is your story too.

Listen up, everyone, hear of the glorious deeds of God

and the wonders he has done for us.

Parents, grandparents, tell your children about our God

so that this new generation will put their hope in the Lord, and follow

the ways of God, hopefully better than their ancestors did!

This story I have to tell is a 'Yes But' story.

Yes, God chose a people for his own, but they kept rejecting him.

Once, this people were slaves in a foreign land, but God rescued

them. Through plagues and hail and death God pulled them out of

slavery, safely through the sea and into the wilderness. But the

people got thirsty in the desert and grumbled to God. So God split

open a rock and fresh water poured out. Then the people got hungry

in the desert and complained to God, so he rained down birds for

them to eat, and bread onto the desert ground. But still the people

whinged and grumbled. He brought them to his holy mountain, he

showed his power and glory, but soon they chose their own tame

gods. No sooner did they repent and ask for forgiveness than they

turned away again and did their own thing. But God kept taking

them back, finding ways to draw them to his heart and lead them

into truth.

Our story is like this, too. Our ancestors in the faith came to this land full of faith and hope and the desire to share the good news with the Maori people; and many Maori people received it eagerly, becoming agents of change for their own people. But the church soon sided with those who wanted more land, and the Maori people felt abandoned. We went to war, us against them, and broke God's heart.

Our ancestors came to this land looking for a new start, hoping to be faithful to God here, but they soon just tried hard to make money and fit in. Our church was planted in a time when it was normal to be Christian, but since then many people have turned away from

God. We want to grow into the future, but we keep getting stuck in the past.

And still, despite everything, God is faithful.

God keeps choosing us no matter what we do wrong.

God keeps on leading his people as a good shepherd, tender and strong, wanting only the best for us.

This is our story, learn it well.

God is good, **all the time!**

All the time, **God is good!**

### **Psalm 84: How lovely is your house**

A How lovely is your house, amazing God!

I want nothing more than to live close to you.

B Just like the sparrow builds a nest for her chicks,  
you make your home in our hearts.

A We love to know that you are with us -  
we will sing your praise!

B We get stronger because you are in us -  
we will know your ways by heart.

A You see us every day and you hear us when we pray -  
we will go from strength to strength.

B Just one day knowing you are near  
is better than a thousand days without you.

A Like the warm sunshine  
you pour your love into our lives.

B You bless us with all good things  
when we turn to you and trust you.

A How lovely is your house, amazing God!  
I want nothing more than to live close to you.

### **Psalm 101: Call me loyal**

Call me loyal, I'll hold you loyal too.

**Call me faithful, I'll hold you faithful too.**

Let's sing in our worship and our work,

**sing of God's love and justice.**

Let's study God's truth and holiness,

so that in all our ways, through all our days,

**we'll hold true and do right.**

Here in this family we will build each other up

**and know nothing of evil.**

We won't tear each other down with lies or complaints.

**We will think others better than ourselves.**

We will enjoy God's favour,

**and delight in our differences.**

We will minister to each other,

**from the youngest to the eldest.**

We will welcome all God brings us,

**no matter who they are or what they've done,**

for all have sinned and fallen short of the glory of God

**but in Christ we are set right by grace!**

So I need you and you need me,

**and together we belong.**

### **Psalm 111: Praise the Lord, now and forever!**

Praise the Lord

**now and forever!**

I will say to God with all my heart – THANK YOU!

**Together with all God's people we say – THANK YOU!**

Everything God has done is great

**Everyone who learns about God delights in him.**

God is full to overflowing with grace and mercy

**God is generous to his people and never forgets us.**

Everything God does is good and true

**Everything God teaches is good and true.**

We can put our trust completely in our God

**Standing tall on his everlasting word.**

His covenant of salvation lasts forever

**Holy and awesome is his name!**

Wisdom begins here, by honouring God

**Praise the Lord, now and forever!**

### **Psalm 104: A Psalm for Aotearoa**

Bless the Lord, my soul.

*Kororia ki te Atua!*

You are wrapped in light,

in a *korowai* of glory.

You made *Rangi*, Father Sky,

infinite space stretched out above us.

You made *Papatuanuku*, Mother Earth,

resting strong beneath us.

At your command *Tangaroa* rose and fell;

the seas once covered the mountains of this land

but now tides swirl around us,

drawn by *Marama*, the moon, in her monthly dance.

Each day the sun, *Ra*, walks his path through the sky.

Rain falls, springs gush up out of the earth,

*nga awa*, rivers flow through our islands,

water for bush and bird and cattle.

*I nga ra o mua*, before Maori and Pakeha,

great forests ruled this land, *Tane Mahuta*: totara, rimu,

filled with birds from the smallest fantail to the giant eagle,

from the shy kiwi to the long-legged moa.

The sea was filled with life: whale, kahawai.

*Aotearoa*, cloaked with cloud, shaped by water and wind.

*Nga hau e wha*, winds from four directions,

brought people to these islands

and you made them a home here,

fed them from your abundance;

though sometimes you hid your face and the people were sad.

When you take away the breath of life your creatures die

and return to the dust. *Aue, aue!*

*Haere, haere, haere ...*

we mourn the loss of so many creatures, so much beauty.

Send forth your Spirit again on Aotearoa,

*Haere mai, Wairua Tapu, renew the face of this whenua,  
care for this land,  
re-make us who call this our home, nga iwi o te motu.  
May the glory of the Lord shine forever!  
Kororia ki te Atua!*

### **Psalm 108: A wake-up call**

Get up, wake up, come on everyone!  
Today has begun, don't miss a thing!  
The music rises in our hearts  
feel the beat, join the rhythm.  
Sing! dance the wonder, sing the rhyme  
We'll call the sun into the sky  
We'll raise the roof with our praise  
We'll shout our thanks for all to hear!

Up, up, up, we lift you high, O God  
Up through the stars and out the other side!  
All of space and time sings your love  
Through clouds and cities your glory rings.

Up, up, you lift us up,  
out of our troubles, out of our pain.  
We call for help and you answer, again and again:  
"I love you. I will never leave you.  
Where ever you go, I will lead you.  
All the earth is mine,  
everywhere you go, I'm there already  
Everything you go through, I'm there at work  
Nothing stands against me."  
O God, you are our help and our hope,  
our power and our victory!

### **Psalm 124: If it wasn't for God**

**If it wasn't for God**

we'd be a wreck!

**If God wasn't on our side**

we'd be wiped out by our enemies.

**If God had not been there for us**

anger and fear would have swept us away.

**If Christ had not saved us**

we would be totally lost.

**Thank you, thank you Lord**

for you rescued us from the trap we were snared in.

**Our help is in the name of the Lord**

who made heaven and earth

**and is on our side!**

### **Psalm 125: Good Balance**

When we trust in God we will not be shaken,

**we will not be thrown off balance.**

The mountains stand tall and strong around us,

**and around the holy hill in Jerusalem -**

so God is all around us.

**He protects us from falling.**

Evil will not knock us down,

**we won't get twisted and do what is wrong.**

Dear Lord, be good to people who are good;

**bless people who have upright hearts,**

who stand tall and strong for what is true.

**We trust you, ever-lasting God.**

Grow our hearts up right in you.

**Dear Lord, give us peace.**

Amen.



### **Psalm 126: A Harvest of Joy**

Remember feeling amazing!  
Remember a time of celebration –  
that was the Lord God at work!  
Laughter rang out,  
everyone was happy,  
everyone laughed till they shook with joy!  
**The Lord has done great things for us  
and we reply with shouts of joy!**

Remember feeling sad?  
Remember tears running down your face –  
God was with you then.  
Your pain planted seeds  
and your tears watered them.  
The seeds grew in the tender mercy of God  
growing fruit of wisdom  
fruit of kindness.  
Gather the fruit, and celebrate  
that all things work for good in God's ways.  
Those who go out weeping  
shall come home rejoicing.  
**The Lord has done great things for us  
and we reply with shouts of joy!**

### **Psalm 127: The Lord builds the house**

Jesus as a boy trained to be a carpenter,  
taught by his Dad on earth.  
Jesus as our risen Lord is the master builder,  
taught by his Father in heaven.  
He builds us up,  
he builds his church,  
he builds our homes and families.  
He draws the plans,  
he provides the tools and timber,  
he works beside us.  
No need for us to get stressed,  
to work too hard or get too tired.  
We build in God's power,  
we rest in God's peace.

Jesus as a boy loved his brothers and sisters.  
Jesus as our risen Lord loves every child, everywhere.  
Children are the most precious gift of all.  
Children are our pride and joy.  
Young and old we build God's house.  
We grow in God's power,  
we rest in God's peace.

### **Psalm 131: Calm and Quiet**

Shush, my heart –  
rest in the Lord.  
Close, my eyes –  
rest in the Lord.  
Thoughts – stop rushing.  
Body – relax!  
Oh my soul – be calm and quiet.  
Breathe in and out  
and be still.

Big ideas and important jobs  
can wait.  
Yesterday's hurts and tomorrow's worries  
can drift off,  
for here and now  
I am held  
in the arms of God  
like a little child  
half asleep in her mother's arms.

Trust in the Lord  
in this moment  
and for ever more.  
Amen.

### **Psalm 133: Living in Unity**

It's good, it's great, it's wonderful  
when friends are friends  
and family is family.  
It's good, it's great, it's wonderful  
when people get on well  
and everyone belongs.

Living in unity,  
enjoying each person,  
sharing common ground –  
this is God's precious gift,  
like sweet rain after a hot day,  
like laughter bubbling up,  
like coming home.

God's life is life together.  
God's blessing is love,  
now and forever.

### **Psalm 135: Come on, people, praise!**

Praise with me the name of God,  
everyone in the house, praise the Father,  
praise Jesus, praise the Spirit!  
Our God has chosen us for his very own,  
so sing and praise the Lord of grace.

The world worships silver and gold,  
the mighty dollar rules.  
The world worships fame,  
plastic copies of people ...  
pictures everywhere - but who really sees?  
sounds, beats, music - but who really hears?  
billions of words - but who really speaks?

Our God, and only our God, is truly real.  
Our God made the sea, wide and deep.  
Our God makes the clouds and blows the wind,  
even lightning and pouring rain.  
Our Lord, and only our Lord, is good and great,  
and mighty and supreme and powerful and free.

Come on, people, bless the Lord!  
Come on, family, bless the Lord!  
Come on, church, bless the Lord!

### **Psalm 138: Thank you for your love!**

I give you thanks, O Lord,  
with all my heart.  
I sing you praise, O Lord,  
with all my soul.

Thank you for your love,  
your amazing love that lasts forever.  
Thank you for your love,  
your solid love that cannot fail.

You speak and your word is power!  
You call and your name is glory!

When we cry out in our trouble  
you answer us.  
When we stumble and fall  
you lift us up.

Your mercy cares for the weak.  
Your touch pours out strength.

Thank you for your purpose  
for each you have a plan.  
Thank you for your promise  
to hold us in your hands.

Your steadfast love, O Lord,  
endures forever!

### **Psalm 144: Blessed are God's People**

Blessed are you, Father, Son and Spirit,  
our rock and our refuge,  
our home and our salvation.

**Come, Lord, shape us, your people.**

The mountains smoke at your touch,  
lightning flashes with your brilliance.  
What are we to you -  
we mere mortals, we weak and foolish people,  
here one minute, gone the next -  
What are we to you?

**Come, Lord, shape us, your people.**

You call us and set us free.  
You send us out to fight for what matters,  
well trained, well equipped,  
powered up with truth in a world of warped lies.

**Come, Lord, shape us, your people.**

Singers, sing new songs!  
Musicians, play your best!  
Our God goes ahead to claim the victory.  
Our God undermines violence,  
overcomes cruelty with mercy and truth.

**Come, Lord, shape us, your people.**

Boys, grow tall and strong,  
bearing fruit of goodness.  
Girls, grow tall and strong,  
holding up the house of God.  
Church, be blessed!  
May your wallets and cupboards fill and overflow,  
may blessings shower on you

and on others through you.  
Church, be confident!  
May your doors be open  
and your walls be strong.  
May everyone be welcome.

**Come, Lord, shape us, your people.**

Blessed are you, our God!  
Blessed are we, as you pour your blessings on us.  
Happy are the people who know you, Lord.

**Come, Lord, shape us, your people.**

### **Psalm 146: Will you praise the Lord?**

#### **Will you praise the Lord?**

Yes! With every breath, every day I'm alive!

#### **Who will you trust?**

Not in politicians and celebrities –  
they're here one minute, gone the next,  
their fame and power will crumble and blow away.

#### **Who will you trust?**

God is our help, and God is our hope  
Only the Lord keeps all his promises.

#### **Who made the universe?**

The Lord made earth, sea and sky, and all that lives.

Who cares for the poor and feeds the hungry? **Jesus!**  
Who frees prisoners and opens blind eyes? **Jesus!**  
Who lifts up those who are bent over and alone? **Jesus!**  
Who teaches the way of fairness and truth? **Jesus!**

#### **Who is the Lord?**

Our God - Father, Jesus, Holy Spirit -  
lives and rules for ever and ever.

**Praise the Lord!**

### **Psalm 146: God at Work**

I praise you, my God  
I praise you, Lord Jesus  
I praise you, great Spirit  
today and every day  
in this moment and with every breath.

I give this day to you  
May it sing with you  
May you whisper through everything I say and do.

You made all things  
everything we can see  
everything we can't see -  
earth and sea and sky  
and all that lives -  
You keep faith with us forever.

You are at work in the world –  
you set things right -  
food for the hungry  
sight for the blind  
welcome for the stranger  
care for the poor.  
Make these be true for me today  
as I live in you and you in me.  
Be Lord of this day and every day.  
Yes! Be praised!

### **Psalm 148: Calling all creation!**

Hey, you! Give praise to God!  
You angels in heaven, sing out glory.  
You stars, sun and moon, shine bright with praise!  
God dreamed you and called you and here you are!  
You fish and whales and squid, sing praise in the deep.  
You elements of nature, fire, rain, wind,  
cold and heat, stone and mountain - praise!  
You plants and forests, praise God as you fruit and flower.  
You mammals, insects, reptiles and birds - praise!  
God dreamed you and called you and here you are!

You people, Presidents and nobodies, rich and poor, women  
and men and girls and boys, in every corner of planet Earth,  
God dreamed you and called you and here you are  
so listen out for the Name that is above every Name,  
sing out with all the love and joy you can find  
for all you are is made by God,  
all you have is gift from God.  
Calling all creation – come and be found in praise!

### **Psalm 149: Find Joy Here**

Praise to the Lord!  
Sing to the Lord a new song  
Sing his praise in the company of friends  
Find joy here, celebrating the one who made us  
Find joy here, praising God!  
Praise with your body, move and dance  
Praise with your voice, your drums and guitars  
Find a place here,  
for God is delighted with you  
Be you broken or lost  
be you fragile or sad  
God delights in you  
Glory grows as we praise God  
and God lifts up our heads  
Praise the Lord with joy!

These poems and prayers for worship are my re-working of the Psalms, which are the greatest resource for worship we have. I offer these in the conviction that the Holy Spirit speaks to all ages and all cultures, opening up ancient scriptures to us afresh in every time and place.

These Psalms are especially written with children in mind, for all-age worship. They come from Aotearoa New Zealand and aim to communicate the heart of the original Biblical Psalm in ways that flow naturally from the tongue as they are read aloud.