

Psalms & Prayers – Coffee & Chat

Getting the conversation started



**Older
People's
Ministries**

A simple way of creating a conversation around scripture using the Book of Psalms. This would work well with small groups of older people gathering in a coffee shop, someone's home or at the hall.



Psalms & Poems

The Book of Psalms is considered to be a beautiful collection of songs & poems. Using Psalms as poetry can be a way of introducing people to scripture who may not have studied the Bible before. For those who have, it can reinforce the beauty found within, written from human hearts who faced the joys and sorrows of life and everything in-between.

"This precious gift (The Psalms) has been bestowed on men alone to remind them that they are created to praise and magnify the Lord." Martin Luther King

Structure

Structure your session around the joy of being together as friends. Grab a cuppa, create a relaxed atmosphere and encourage people to be honest and open with how the Psalm chosen makes them feel. Whether they like it or dislike it; whether it confuses them or gives them an insight or wisdom into a new idea. There are no wrong answers just honest conversations.

For those who are new to opening a Bible we would encourage you to firstly print the Psalm on A4 paper. This will allow everyone to be able to write their thoughts around the Psalm and take the words home with them to continue reflecting upon.

Outline of Session:

Preparation: Have Photocopies of your chosen Psalm available for those without a Bible and ensure everyone has a pen or pencil.

Ask someone to read the chosen Psalm out loud for the group to share or if people are happy to join in, ask for volunteers to read a verse or two each. (Some examples to start with would be Psalm 91 or Psalm 23)

Next allow people to underline words that stood out to them and allow some time while people drink their 'cuppas' and read the Psalm quietly to themselves again.

Questions to prompt discussion:

Which words stood out to you and why?

Which parts of the Psalm did you like and which parts didn't you like? What emotions can you hear the author of the Psalm expressing? Would this Psalm be helpful in your everyday life?

Prayers:

Connecting with words & phrases can be helpful as a time of prayer. Explain that prayer is simply talking to God so give examples such as: 'He is my refuge. Amen'
'I pray he covers you with his feathers. Amen' (Taken from Psalm 91)

These are prayers of supplication (for oneself) and intercession (for others).