**Sunday 6th September – Psalm of praise**

Spend some time with your family talking about these questions.

Why does the psalm writer say praising God is important?

Another word for psalm is song. What is your favourite song that praises God?

Why do you think the psalm writer compares the person who praises God to a tree by a stream?

**Challenge**

The first step of “praising” is to find a reason to praise. Try sharing your “best bit of the day” every day this week with your family or a friend. This should help you think of reason to praise God by listening to and singing along to a song, praying, writing down your praises or drawing a picture.