

Esther and Emmett on 'Praise the Lord!'

Emmett: Praise the Lord! Praise...the....Lord!

Esther: Hi Emmett. What are doing?

Emmett: Hi Esther. I'm practicing reading the Bible out loud.

Esther: What part of the Bible are you reading?

Emmett: I've been reading some of the Palms.

Esther: I think you mean you've been reading some of the Psalms.

Emmett: You mean...there's supposed to be an 's' in there? I thought it was a spelling mistake.

Esther: No, there is an 's'. They are called Psalms.

Emmett: I guess I've been wrong when I've told everyone I read Palms!

Esther: Oh Emmett!

Emmett: But I can still practice reading them out loud: "Praise the Lord!"

Esther: You know there are 150 Psalms in the Bible.

Emmett: I know. That's a lot of practicing.

Esther: Which Psalm are you reading right now?

Emmett: I am reading Psalm number 146. It begins "Praise the Lord!"

Esther: I think you are reading that part very well!

Emmett: Thank you. Praise the Lord!

Esther: But I remember that Psalm and reading it is not the only way we can practice it.

Emmett: Of course not...we can practice it...some other way...some way other than reading it...say Esther, how else can we practice Psalm 146?

Esther: We can practice it by doing what it says God does.

Emmett: God probably doesn't shout 'Praise the Lord' a lot!

Esther: Probably not.

Emmett: Sooo...what does God do in this Psalm?

Esther: God cares about people.

Emmett: That sounds like God.

Esther: The Psalm says that God gives food to the hungry.

Emmett: Jesus did that too. He was always feeding people – bread and fish, and they even collected the leftovers that could feed even more people.

Esther: Yes, Jesus showed us how to live as God would like us to live.

Emmett: What else does the Psalm say?

Esther: It says that God lifts up those who are bowed down.

Emmett: How do you practice that? I don't think you can just walk up to someone whose bowing and pull them up!

Esther: It doesn't mean someone is bowing, but that someone is bowed down.

Emmett: Now you're being like Jesus, saying things that I think I know what they mean but then I'm not sure what they mean! ...what does that mean?

Esther: People who are bowed down are people who feel overwhelmed by life, who feel like there is a big weight on their back weighing them down.

Emmett: Like they are carry a big rock on their back?

Esther: Yes...it could be people who are sad, or are grieving, or are poor, or ill, or are being bullied, or threatened by someone.

Emmett: Jesus was always healing people and telling them that God loved them. I think Jesus was trying to get those big rocks off their backs.

Esther: Yes he was. The Psalm tells us that the way we praise God is the way Jesus praised God, by caring about others.

Emmett: I get itso "Praise the Lord...by Loving Others".

Esther: Emmett, I think you may be writing your own Psalm.

Emmett: I hope all the palm readers like it!

Esther: Oh Emmett!

Emmett: And I'll end my Psalm with "Amen"!

Esther: Amen!