

He restores my soul

A collection of devotions on the psalms



Linda Barclay
Rebecca Forbes



Faith for life

Biblical resources for
people with dementia

Engaging with Faith for life

Faith for life is a collection of interactive, tailored products that help people engage with the Bible in ways that are appropriate and meaningful to them.

The books can be used independently or with another person. Whether your relationship is as family member, friend, pastoral carer, staff member, or volunteer—your company and the shared experience of being together is invaluable. When together, take your time as you go through the devotions. Leave pauses to allow for responses and for silence. It might also be helpful to repeat a phrase or thought.

When engaging with the resources it's important to think about the environment around you. Consider the background noise, temperature, lighting and location so that the surroundings are comfortable.

The activities in the resources may prompt a variety of feelings or emotions. Connecting to the Bible can trigger memories of significant events or people from the past. It's important to take the opportunity to talk about or reflect on these spiritual experiences.

The person you are with may need your sympathy, your listening ear and the assurance that you have heard and understood them. If the person you are with does not want to participate in the activity, leave it until another time.

We are motivated by the belief that people living with dementia may not only have a history of faith, but a vibrant faith today and a living hope for the future. This means that by the grace of God they are continuing to grow and be shaped as Christians, regardless of the changes dementia brings.

For more information on engaging with the Faith for life resources at www.hammond.com.au/shop/faith-for-life

Sample extract (© HammondCare)

Full text for sale at: Hammondcare.com.au/Shop

He restores my soul is a collection of devotions that takes us through a selection of psalms.

Each two page devotion includes a beautiful, familiar image and you can choose from one or all of these activities, or add your own:



Read aloud from the Bible



Share a brief devotional thought



Take time to reflect on a question



Enjoy an activity



Sing or listen to a hymn



Pray on your own or with someone

All creation praises God



Psalm 148:7-12

Praise the Lord from the earth,
you great sea creatures and all ocean depths,
lightning and hail, snow and clouds,
stormy winds that do his bidding,
you mountains and all hills,
fruit trees and all cedars,
wild animals and all cattle,
small creatures and flying birds,
kings of the earth and all nations,
you princes and all rulers on earth,
young men and women,
old men and children.

Reflection

When we think about praising God it can be easy to imagine a church service with people singing and music playing. That is one way to praise God. This psalm paints a different picture. It calls on all creation to praise God. Everything is included, from the smallest insect to the mightiest mountain. It reminds us that we are never alone when we praise God.

Questions to consider

When you think of creation, what comes to mind?

How do you like to praise God?

What features of creation would you like to praise God for?

To do

Go outside and spend some time in God's creation.

Take note of what you can see, touch and hear.



Praise to the Lord the Almighty

Praise to the Lord, the Almighty, the King of creation!
O my soul, praise Him, for He is your health and salvation!
Come, all who hear; brothers and sisters draw near,
praise Him in glad adoration!

Praise to the Lord, above all things so mightily reigning;
keeping us safe at His side and so gently sustaining.
Have you not seen all you have needed has been
met by His gracious ordaining?

Praise to the Lord – O let all that is in me adore Him!
All that has life and breath,
Come now with praises before Him!
Let the 'Amen!' sound from His people again;
gladly with praise we adore Him!

Verses 1, 2 and 5 only.

Prayer

Creator God, it is good to praise you! Help us to
praise you in all that we do. Thank you for the
wonderful world you have created. Amen.