

Praying the Psalms

60-Day Reading Plan (Six times each year)

_____ Psalm 1, 2, 3	_____ Psalm 48, 49, 50	_____ Psalm 99, 100, 101
_____ Psalm 4, 5, 6	_____ Psalm 51, 52, 53	_____ Psalm 102, 103, 104
_____ Psalm 7, 8	_____ Psalm 54, 55	_____ Psalm 105, 106
_____ Psalm 9, 10	_____ Psalm 56, 57, 58	_____ Psalm 107, 108
_____ Psalm 11, 12	_____ Psalm 59, 60, 61	_____ Psalm 109, 110, 111
_____ Psalm 13, 14, 15	_____ Psalm 62, 63, 64	_____ Psalm 112, 113, 114
_____ Psalm 16, 17	_____ Psalm 65, 66, 67	_____ Psalm 115, 116, 117, 118
_____ Psalm 18	_____ Psalm 68	_____ Psalm 119:1-64
_____ Psalm 19, 20, 21	_____ Psalm 69	_____ Psalm 119:65-128
_____ Psalm 22	_____ Psalm 70, 71, 72	_____ Psalm 119:129-176
_____ Psalm 23, 24, 25	_____ Psalm 73, 74	_____ Psalm 120, 121, 122
_____ Psalm 26, 27, 28	_____ Psalm 75, 76, 77	_____ Psalm 123, 124, 125
_____ Psalm 29, 30, 31	_____ Psalm 78	_____ Psalm 126, 127, 128, 129
_____ Psalm 32, 33	_____ Psalm 79, 80	_____ Psalm 130, 131, 132, 133
_____ Psalm 34, 25	_____ Psalm 81, 82, 83	_____ Psalm 134, 135, 136
_____ Psalm 36, 27	_____ Psalm 84, 85, 86	_____ Psalm 137, 138, 139
_____ Psalm 38, 39	_____ Psalm 87, 88, 89	_____ Psalm 140, 141, 142
_____ Psalm 40, 41	_____ Psalm 90, 91, 92	_____ Psalm 143, 144
_____ Psalm 42, 43, 44	_____ Psalm 93, 94, 95	_____ Psalm 145, 146, 147
_____ Psalm 45, 46, 47	_____ Psalm 96, 97, 98	_____ Psalm 148, 149, 150

- You may start your reading from the first day of the month or at any given time of the month.
- Read every day. Read prayerfully. Take time to reflect on the sayings.
- The Psalms are the prayer book or song book of the Old Testament that reflect the truth of our humanity and God's message in response to our human condition.
- Questions to ask...
 - What are the emotions or the spiritual condition of the psalmist?
 - How much of what the psalmist is saying reflects your own emotions and spiritual need?
 - What does the Psalm teach you about God?
 - How are you encouraged and renewed?
- The psalmist always counters the negative with the truth concerning God, thus expressing faith, hope and trust in the Lord.