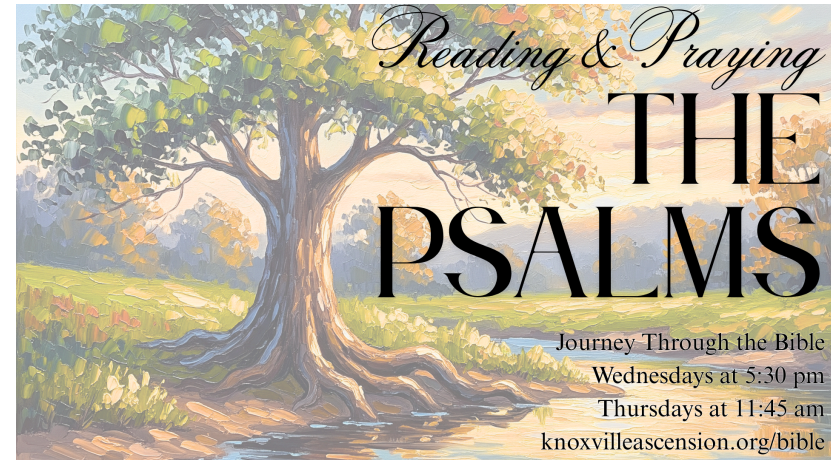


Psalms 8-Week Daily Reading Guide



Tips for Reading Individual Psalms

- 1) Identify the author or historical context in the 'title'
- 2) Identify musical/liturgical annotations (i.e, *Selah* as a pause)
- 3) Read the Psalm
- 4) Circle words or phrases of imagery (fortress, shield, shepherd)
- 5) Summarize the main emotion or prayer in the Psalm

Things to pay attention to...

- 6) Parallelism & Repetition
synonymous, contrasting, progressive or chiasmic.
- 7) Dimension: Personal or Cosmic; My Action or God's Action
- 8) Movement: Orientation → Disorientation → Reorientation
- 9) Type: Is it more lament or praise?

Now what?

- 10) Reread the Psalm...and finally...
- 11) Rewrite your own Psalm in your own words

Week 1 (Psalms 1–18)

Theme: Starting with trust, guidance, and God’s protection.

Question of the Week: How do these psalms set the foundation for a life of prayer and trust in God?

Daily Prompts:

What image of God feels most alive today?

How is the way of the righteous described?

Where do I see myself in this psalm?

What emotion is being voiced here?

How does this psalm lead me toward trust?

Which line could I pray today?

What picture of God emerges from these psalms together?

Week 2 (Psalms 19–37)

Theme: God’s word, creation, and personal trust.

Question of the Week: What does it look like to delight in God’s ways?

Daily Prompts:

How is God’s word or creation described?

What fears or enemies are named?

Where do I see the psalmist move from trouble to trust?

How does this psalm invite worship?

What is said about God’s justice?

Which verse could I carry with me today?

How is faith pictured as both personal and communal?

Week 3 (Psalms 38–56)

Theme: Lament and honesty in prayer.

Question of the Week: How can lament itself be an act of faith?

Daily Prompts:

What pain is being voiced here?

Does the psalm end with hope or stay in grief?

What line could I pray in my own struggles?

How do I see God listening here?

Where is anger or complaint named?

Where is there a flicker of hope?

How does honesty deepen prayer?

Week 4 (Psalms 57–74)

Theme: Deliverance, thanksgiving, and justice.

Question of the Week: How does gratitude shape a life of faith?

Daily Prompts:

What danger or deliverance is remembered?

How does the psalmist give thanks?

Where is God’s justice wrestled with?

How is creation called to praise?

What role does community play in giving thanks?

Which line could be my prayer of gratitude today?

How is God shown as both judge and rescuer?

Week 5 (Psalms 75–92)

Theme: God's reign over creation.

Question of the Week: What does it mean to say “the Lord reigns”?

Daily Prompts:

How is God's power pictured?

What is said about justice?

How does creation join in worship?

What security does God's reign bring?

What future hope is expressed?

Which verse captures God's majesty?

How might I live today under God's rule?

Week 6 (Psalms 93–110)

Theme: God's holiness and coming kingdom.

Question of the Week: How do these psalms shape how we worship God?

Daily Prompts:

What does holiness look like here?

How are nations or peoples pictured?

What injustices are named?

Where is joy?

What is said about God's covenant love?

Which verse could guide my worship today?

How do these psalms point forward to Christ?

Week 7 (Psalms 111–128)

Theme: Songs of Ascent and the journey of faith.

Question of the Week: What does it mean to journey with God in community?

Daily Prompts:

How do these psalms describe the pilgrim journey?

What blessings are named for families and community?

How does trust in God shape ordinary life?

What role does memory play in faith?

What prayer is offered for others?

Which line could be my traveling prayer?

How do these psalms draw me closer to others?

Week 8 (Psalms 129–150)

Theme: The crescendo of praise.

Question of the Week: How does praise become the final word?

Daily Prompts:

What reason for praise is named?

How does creation join in?

How is God's nearness pictured?

Where do I hear joy in these verses?

What does this psalm teach about prayer as praise?

Which line could be sung in worship?

How do these psalms leave me with hope?

Week 1

Day 1: Ps. 1–3
Day 2: Ps. 4–6
Day 3: Ps. 7–9
Day 4: Ps. 10–12
Day 5: Ps. 13–15
Day 6: Ps. 16–17
Day 7: Ps. 18

Week 2

Day 8: Ps. 19–20
Day 9: Ps. 21–22
Day 10: Ps. 23–25
Day 11: Ps. 26–28
Day 12: Ps. 29–31
Day 13: Ps. 32–33
Day 14: Ps. 34–35

Week 3

Day 15: Ps. 36–37
Day 16: Ps. 38–40
Day 17: Ps. 41–43
Day 18: Ps. 44–45
Day 19: Ps. 46–48
Day 20: Ps. 49–50
Day 21: Ps. 51–53

Week 4

Day 22: Ps. 54–56
Day 23: Ps. 57–59
Day 24: Ps. 60–62
Day 25: Ps. 63–65
Day 26: Ps. 66–68
Day 27: Ps. 69–70
Day 28: Ps. 71–72

Week 5

Day 29: Ps. 73–74
Day 30: Ps. 75–76
Day 31: Ps. 77–78:39
Day 32: Ps. 78:40–72
Day 33: Ps. 79–80
Day 34: Ps. 81–83
Day 35: Ps. 84–85

Week 6

Day 36: Ps. 86–87
Day 37: Ps. 88–89
Day 38: Ps. 90–91
Day 39: Ps. 92–93
Day 40: Ps. 94–96
Day 41: Ps. 97–99
Day 42: Ps. 100–102

Week 7

Day 43: Ps. 103–104
Day 44: Ps. 105:1–45
Day 45: Ps. 106:1–23
Day 46: Ps. 106:24–48
Day 47: Ps. 107:1–22
Day 48: Ps. 107:23–43
Day 49: Ps. 108–109

Week 8

Day 50: Ps. 110–112
Day 51: Ps. 113–115
Day 52: Ps. 116–118
Day 53: Ps. 119:1–48
Day 54: Ps. 119:49–104
Day 55: Ps. 119:105–176
Day 56: Ps. 120–150

This guide is designed as an aid for reading through the entire Psalter of all 150 Psalms. The Psalter is divided into 5 books mirroring the “Torah” or first 5 books of the Hebrew Bible.

When read together, you may notice an overarching “meta-narrative” that moves through David’s Kingship & Trials (Book 1 & 2), the Exile & Crisis (Book 3) and Hope & Return (Book 4-5). Psalms 1 & 2 serve as an introduction showing the balance between my action & God’s action in a life of prayer. The last 5 Psalms serve as a conclusion of praise and “Hallelujahs” to God.

Over the course of the Psalms, they go from being filled with more lament to more praise. This teaches us how to pray even in our grief, anger or shame and that, eventually, we will come out on the other side with praises to God.

Remember! The Psalms are poetry. Look for the emotions within and see how the Psalms teach us to pray with all of our emotions. May they inspire you, nourish you and help you grow like a “tree planted by streams of water.”

5 minutes a day or 30 minutes a week is all it takes to read the entire Psalter & fill out this guide.