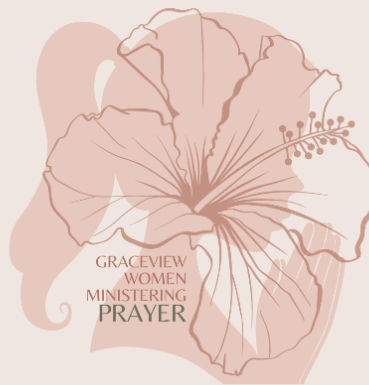


Beloved Women Praying

THROUGH THE PSALMS IN
ONE MONTH



How to Pray the Psalms

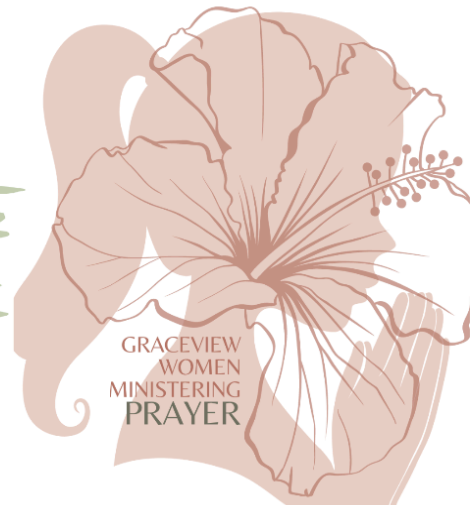
(based on the principles from the recommended book "Praying the Bible" by Donald S. Whitney)

Begin by skimming through the 5 Psalms of that day. On day one of the month, you will start with Psalm 1, skim over it and then add 30. Add another 30 to that number until you have gone through five Psalms (ex. 1; 31; 61; 91; 121). On day two, you will start with Psalm 2 and skim, then add 30 and repeat. Pick one of the five psalms to pray through. This book has them divided by day for you!

Line by line, pray that Psalm. (Bonus - You will go through all of the Psalms in one month!) Let's look at Psalm 23. You will start with line one. *"The Lord is my Shepherd..."* You may want to start, "Oh Lord, you are my Shepherd. You are a good Shepherd. You are mine and I belong to You. As my Shepherd, I know you will feed me because of Your love and will tend to me according to Your perfect will." If that is all you can think of, go to the next line and pray - *"I shall not want..."*

Simply go line by line and pray as the Holy Spirit brings to mind. Try not to pressure yourself about how long or short the prayer may be.

Enjoy praying!! May you grow
and flourish in the treasure of
praying God's Word.



Pray the Psalms - Worship Playlist

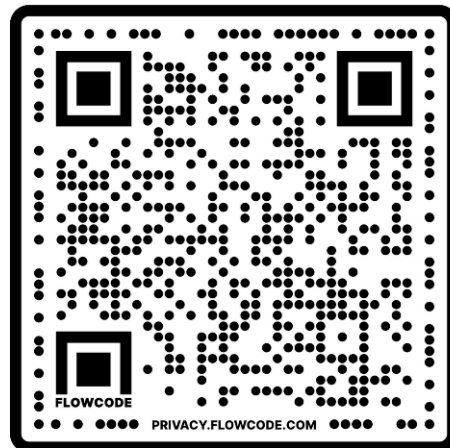
Adoration

- King of Kings
- Worthy of It All
- Great Are You Lord
- Praise
- What a Beautiful Name/Angus Dei
- How Great Thou Art
- Praise You Anywhere
- I Can Only Imagine
- Throne Room Song
- Holy
- Jesus We Love You
- I Stand Amazed
- Shout to the Lord
- God of Wonders
- Alpha & Omega
- Our God is an Awesome God
- I Worship You Almighty God

Confession

- The Heart of Worship
- Nothing Else
- You Are God Alone
- Lord I Need You
- O Come to the Altar
- Lead Me to the Cross
- Communion
- Break the Bottle
- Repent (What a Joy It Is)
- East to West

Scan for the
YouTube Playlist



Pray the Psalms - Worship Playlist

Intercession

- Shadow of Shaddai
- Give Us Clean Hands
- Same God
- You've Already Won
- More Than Able
- What a Friend We Have in Jesus
- Jehovah
- The Lord's Prayer
- Cry Out to Jesus

Thanksgiving

- Gratitude
- Thank You Jesus for The Blood
- Radical Love (Joy Song)
- You Have Made Me Glad
- Give Thanks
- Thank You Lord
- You Are Good
- Jesus, Thank You
- Mercy

Declaration of Blessing & Faith

- The Blessing
- To God Be the Glory
- Goodness of God
- Firm Foundation (He Won't)
- What He's Done
- This is Our God
- I Speak Jesus
- Hymn of Heaven
- Trust In God
- Sovereignty Over Us
- Great is Thy Faithfulness
- Victory
- I Love You Lord

Praying the Psalms

DAY ONE

Texts: Psalm 1, 31, 61, 91, 121

Scripture & Prayer Notes - What do I see about God?

Prayer Requests

Praying the Psalms

DAY TWO

Texts: Psalm 2, 32, 62, 92, 122

Scripture & Prayer Notes - What do I see about God?

Prayer Requests

Praying the Psalms

DAY THREE

Texts: Psalm 3, 33, 63, 93, 123

Scripture & Prayer Notes - What do I see about God?

Prayer Requests

Praying the Psalms

DAY FOUR

Texts: Psalm 4, 34, 64, 94, 124

Scripture & Prayer Notes - What do I see about God?

Prayer Requests

Praying the Psalms

DAY FIVE

Texts: Psalm 5, 35, 65, 95, 125

Scripture & Prayer Notes - What do I see about God?

Prayer Requests

Praying the Psalms

DAY SIX

Texts: Psalm 6, 36, 66, 96, 126

Scripture & Prayer Notes - What do I see about God?

Prayer Requests

Praying the Psalms

DAY SEVEN

Texts: Psalm 7, 37, 67, 97, 127

Scripture & Prayer Notes - What do I see about God?

Prayer Requests

Praying the Psalms

DAY EIGHT

Texts: Psalm 8, 38, 68, 98, 128

Scripture & Prayer Notes - What do I see about God?

Prayer Requests

Texts: Psalm 9, 39, 69, 99, 129

Scripture & Prayer Notes - What do I see about God?

Prayer Requests

Praying the Psalms

DAY TEN

Texts: Psalm 10, 40, 70, 100, 130

Scripture & Prayer Notes - What do I see about God?

Prayer Requests

Texts: Psalm 11, 41, 71, 101, 131

Scripture & Prayer Notes - What do I see about God?

Prayer Requests

Praying the Psalms

DAY TWELVE

Texts: Psalm 12, 42, 72, 102, 132

Scripture & Prayer Notes - What do I see about God?

Prayer Requests

Praying the Psalms

DAY THIRTEEN

Texts: Psalm 13, 43, 73, 103, 133

Scripture & Prayer Notes - What do I see about God?

Prayer Requests

Praying the Psalms

DAY
FOURTEEN

Texts: Psalm 14, 44, 74, 104, 134

Scripture & Prayer Notes - What do I see about God?

Prayer Requests

Praying the Psalms

DAY FIFTEEN

Texts: Psalm 15, 45, 75, 105, 135

Scripture & Prayer Notes - What do I see about God?

Prayer Requests

Praying the Psalms

DAY
SIXTEEN

Texts: Psalm 16, 46, 76, 106, 136

Scripture & Prayer Notes - What do I see about God?

Prayer Requests

Praying the Psalms

DAY
SEVENTEEN

Texts: Psalm 17, 47, 77, 107, 137

Scripture & Prayer Notes - What do I see about God?

Prayer Requests

Praying the Psalms

DAY EIGHTEEN

Texts: Psalm 18, 48, 78, 108, 138

Scripture & Prayer Notes - What do I see about God?

Prayer Requests

Praying the Psalms

DAY NINETEEN

Texts: Psalm 19, 49, 79, 109, 139

Scripture & Prayer Notes - What do I see about God?

Prayer Requests

Praying the Psalms

DAY TWENTY

Texts: Psalm 20, 50, 80, 110, 140

Scripture & Prayer Notes - What do I see about God?

Prayer Requests

Praying the Psalms

DAY
TWENTY-ONE

Texts: Psalm 21, 51, 81, 111, 141

Scripture & Prayer Notes - What do I see about God?

Prayer Requests

Praying the Psalms

DAY
TWENTY-TWO

Texts: Psalm 22, 52, 82, 112, 142

Scripture & Prayer Notes - What do I see about God?

Prayer Requests

Praying the Psalms

DAY
TWENTY-THREE

Texts: Psalm 23, 53, 83, 113, 143

Scripture & Prayer Notes - What do I see about God?

Prayer Requests

Praying the Psalms

DAY
TWENTY-FOUR

Texts: Psalm 24, 54, 84, 114, 144

Scripture & Prayer Notes - What do I see about God?

Prayer Requests

Praying the Psalms

DAY
TWENTY-FIVE

Texts: Psalm 25, 55, 85, 115, 145

Scripture & Prayer Notes - What do I see about God?

Prayer Requests

Praying the Psalms

DAY
TWENTY-SIX

Texts: Psalm 26, 56, 86, 116, 146

Scripture & Prayer Notes - What do I see about God?

Prayer Requests

Praying the Psalms

DAY
TWENTY-SEVEN

Texts: Psalm 27, 57, 87, 117, 147

Scripture & Prayer Notes - What do I see about God?

Prayer Requests

Praying the Psalms

DAY
TWENTY-EIGHT

Texts: Psalm 28, 58, 88, 118, 148

Scripture & Prayer Notes - What do I see about God?

Prayer Requests

Praying the Psalms

DAY
TWENTY-NINE

Texts: Psalm 29, 59, 89, 119, 149

Scripture & Prayer Notes - What do I see about God?

Prayer Requests

Praying the Psalms

DAY THIRTY

Texts: Psalm 30, 60, 90, 120, 150

Scripture & Prayer Notes - What do I see about God?

Prayer Requests

Texts: Psalm 119

Scripture & Prayer Notes - What do I see about God?

Prayer Requests

Additional Resources for Prayer

Books for Helps:

- *A Praying Life* by Paul E. Miller
- *Praying the Bible* by Donald S. Whitney
- *With Christ in School Prayer* by Andrew Murray
- *Prayer* by O. Hallesby

Books for Help While Praying

- *Bible*
- *Hymnal*
- *Prayers That Avail Much* by Germain Copeland
- *The Valley of Vision*

Apps

- *IMB Pray*
- *Lectio 365*
- *Abide*

Podcast

- *Abide Prayer Meditations*
- *Your Daily Prayer*

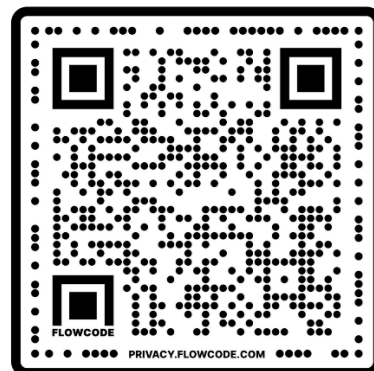
Website

- Graceview Women Ministering - www.gvwm.org

Places To Go/Silence and Solitude

- The Potter's Place - tppministry.org

Scan For Additional



Prayer Resources

Special Thanks to:



Pray

