

PSALMS

words for the *Way* through the world



READING PLAN *Psalms | Words for the Way through the World*

We invite you to join us in reading a psalm each day, Monday through Friday, as we explore this central part of Scripture together. On Mondays, Wednesdays, and Fridays, we'll read the same psalm that was the focus of our worship message. On Tuesdays and Thursdays, we'll read complementary psalms that share similar themes with the primary psalm of the week. As you read, we encourage you to try one of the spiritual practices included in this reading plan or reflect on the following questions to deepen your engagement with the psalms.

- How do these words reflect or mirror your own experiences, emotions, or thoughts?
- Do you know someone who could echo these words? How do these express the experiences of others?
- How do these words inspire you respond today through action, words, or a new way of loving God or neighbor?

	Monday	Tuesday	Wednesday	Thursday	Friday
January 6	Psalm 1	Psalm 15	Psalm 1	Psalm 119	Psalm 1
January 13	Psalm 2	Psalm 72	Psalm 2	Psalm 101	Psalm 2
January 20	Psalm 3,4	Psalm 7	Psalm 3,4	Psalm 61	Psalm 3,4
January 27	Psalm 8	Psalm 29	Psalm 8	Psalm 104	Psalm 8
February 3	Psalm 16	Psalm 63	Psalm 16	Psalm 91	Psalm 16
February 10	Psalm 18	Psalm 30	Psalm 18	Psalm 92	Psalm 18
February 17	Psalm 19	Psalm 33	Psalm 19	Psalm 49	Psalm 19
February 24	Psalm 27	Psalm 17	Psalm 27	Psalm 64	Psalm 27
March 3	Psalm 36	Psalm 32	Psalm 36	Psalm 34	Psalm 36
March 10	Psalm 42	Psalm 43	Psalm 42	Psalm 52	Psalm 42
March 17	Psalm 46	Psalm 76	Psalm 46	Psalm 87	Psalm 46
March 24	Psalm 51	Psalm 57	Psalm 51	Psalm 137	Psalm 51
March 31	Psalm 62	Psalm 11	Psalm 62	Psalm 121	Psalm 62

	Monday	Tuesday	Wednesday	Thursday	Friday
April 7	Psalm 68	Psalm 24	Psalm 68	Psalm 99	Psalm 68
April 14	Psalm 113	Psalm 114	Psalm 115	Psalm 116	Psalm 117
April 21	Psalm 22	Psalm 28	Psalm 22	Psalm 54	Psalm 22
April 28	Psalm 23	Psalm 125	Psalm 23	Psalm 131	Psalm 23
May 5	Psalm 73	Psalm 25	Psalm 73	Psalm 55	Psalm 73
May 12	Psalm 84	Psalm 48	Psalm 84	Psalm 122	Psalm 84
May 19	Psalm 88	Psalm 21	Psalm 88	Psalm 89	Psalm 88
May 26	Psalm 90	Psalm 79	Psalm 90	Psalm 123	Psalm 90
June 2	Psalm 93	Psalm 20	Psalm 93	Psalm 96	Psalm 93
June 9	Psalm 98	Psalm 47	Psalm 98	Psalm 95	Psalm 98
June 16	Psalm 100	Psalm 80	Psalm 100	Psalm 134	Psalm 100
June 23	Psalm 103	Psalm 67	Psalm 103	Psalm 111	Psalm 103
June 30	Psalm 107	Psalm 65	Psalm 107	Psalm 75	Psalm 107
July 7	Psalm 110	Psalm 45	Psalm 110	Psalm 132	Psalm 110
July 14	Psalm 112	Psalm 37	Psalm 112	Psalm 127	Psalm 112
July 21	Psalm 120	Psalm 66	Psalm 120	Psalm 138	Psalm 120
July 28	Psalm 139	Psalm 78	Psalm 139	Psalm 133	Psalm 139
August 4	Psalm 145	Psalm 102	Psalm 145	Psalm 108	Psalm 145

QUESTIONS *Psalms | Words for the Way through the World*

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Invitations to Engage the Psalms

As you read a psalm each day, we invite you to consider using one of these practices to deepen your understanding of the psalm and prompt conversation with God.

Creative Response

The Psalms are a rich tapestry of emotion, imagery, and poetry that invite us to respond by expressing their themes through art, movement, or other forms of creativity. Some examples of creative response to the psalms include...

Art - Paint or draw the imagery of a psalm, letting its metaphors and emotions inspire your colors and shapes.

Movement - Choreograph a dance or use simple movements to embody the rhythms and emotions of the psalm.

Music - Compose a melody, create a song, or play an instrument to capture the tone of a psalm—be it joyful, mournful, or reverent.

Nature Walks - When reflecting on a psalm about creation go on a walk to observe nature, letting the psalm come alive through your surroundings.

Engaging the psalms through a creative practice allows the psalms to move from our mind to our hands, body, and heart, becoming a dynamic and personal expression of our life with God.



Festooning

READ SLOWLY

Read the psalm verse by verse, paying attention to its tone and emphasis.

EXPAND EACH VERSE

After reading a verse, rephrase it in your own words. Add your thoughts, feelings, and prayers as inspired by the verse. This can involve:

- Praising God with your own words.
- Applying the verse to your life or current situation.
- Asking questions or expressing gratitude related to the verse.

EXAMPLE FROM PSALM 23:1

Original Text: "The Lord is my shepherd; I shall not want."

Festooned Version: "Lord, you are my gentle and loving shepherd. You know my every need and take care of me completely. Because of You, I lack nothing essential - I trust you to provide for my heart, mind, and body every single day."

PAUSE AND REFLECT

After festooning each verse, pause to reflect on your rephrased thoughts and let them guide your prayer.



Lectio Divina

PREPARE

Find a quiet place, free from distractions. Take a moment to calm your mind, pray for the Holy Spirit's guidance, and open your heart to God's Word.

READ THE PASSAGE

Slowly and attentively read the psalm. What words or phrases stand out to you?

READ THE PASSAGE A SECOND TIME

Slowly and attentively read the Psalm again. Ask God to give you insight and draw your attention to what you need to hear most from this passage. Allow the passage to prompt conversation with God.

REST IN GOD'S PRESENCE

Sit in silence and allow the words of the psalm and your conversation with God to sink deeply into your heart.



Pray the Psalms

Praying the psalms is simply the practice of reciting a psalm as our own prayer. We adopt the words as our own and direct them towards God. When we pray the psalms, it is important to remember to...

ENTER THE PSALMS WITH HONESTY

Approach the Psalms as a space where you can be entirely honest. They teach us to pray with raw emotion and without pretense.

SPEAK THE WORDS AS YOUR OWN

Pray the psalms aloud or silently, letting their words give voice to your experiences, whether they align perfectly or inspire deeper reflection.

ENGAGE THE WHOLE SPECTRUM OF LIFE

The Psalms cover the highs and lows of life. They remind us that every part of our story—celebration, pain, hope, and doubt—can be brought to God in prayer.

BE FORMED BY THE PSALMS

Over time, praying the Psalms shapes your heart and mind to align with God's purposes, teaching you to pray not just for yourself but for others and the world. Praying the Psalms helps us see that no emotion or situation is too much for God, and it draws us into a deeper, more transformative relationship with Him.

"To recognize that the Psalms call us to pray and sing at the intersections of the times - of our time and God's time, of the then, and the now, and the not yet - is to understand how those emotions are to be held within the rhythm of a life lived in God's presence." *N.T. Wright*

