

Praying the Psalms Guide

When the day of the month is...	The Psalms of the Day are...
1	1; 31; 61; 91; 121
2	2; 32; 63; 92; 122
3	3; 33; 63; 93; 123
4	4; 34; 64; 94; 124
5	5; 35; 65; 95; 125
6	6; 36; 66; 96; 126
7	7; 37; 67; 97; 127
8	8; 38; 68; 98; 128
9	9; 39; 69; 99; 129
10	10; 40; 70; 100; 130
11	11; 41; 71; 101; 131
12	12; 42; 72; 102; 132
13	13; 43; 73; 103; 133
14	14; 44; 74; 104; 134
15	15; 45; 75; 105; 135
16	16; 46; 76; 106; 136
17	17; 47; 77; 107; 137
18	18; 48; 78; 108; 138
19	19; 49; 79; 109; 139
20	20; 50; 80; 110; 140
21	21; 51; 81; 111; 141
22	22; 52; 82; 112; 142
23	23; 53; 83; 113; 143
24	24; 54; 84; 114; 144
25	25; 55; 85; 115; 145
26	26; 56; 86; 116; 146
27	27; 57; 87; 117; 147
28	28; 58; 88; 118; 148
29	29; 59; 89; 119; 149
30	30; 60; 90; 120; 150
31	119

Taken from: Donald Whitney, *Praying the Bible*, (Wheaton: Crossway), 2015.

The Method

The method to praying the Psalms is easy. If you do not have the chart available you can quickly determine which Psalms to pray each day. Begin with the Psalm corresponding to the day. If the day is November 10, then begin with Psalm 10. From here you simply add 30 until you get to five Psalms for the day. If you begin at Psalm 10 the passages will be Psalms 40, 70, 100, 130.

Don't feel rushed. There is no competition to complete the list of Psalms each day. Pray through what you have time to pray through. Also, don't feel as though you have to pray each verse. If you read **Psalm 10:1**, "*The wicked arrogantly hunt down the poor. Let them be caught in the evil they plan for others*" and the verse does not connect with you, move on to the next one. Maybe you read the entire Psalm and nothing speaks to you, that's ok because you are still reading God's word. What do you do? Move on to the next Psalm on the list for the day, Psalm 40.

The rationale behind praying the Psalms is simple. We often pray the same old things the same old ways. And if we are honest with ourselves, we often get bored, tired, or disconnected in our prayer time. Praying the Psalms can invigorate and give life to your prayer time. Praying the Psalms does not just give us ideas to pray, but gives us scripture to pray back to God. Praying the Psalms gives us topics to pray for ourselves, our families, our churches, community, and the Kingdom of God.

Praying the Psalms (Practice)

Let's practice praying the Psalms. When you pray the Psalms you simply read one verse and pray about the verse. The prayer can be short and simple or it can be long and detailed. There is no formula to the actual prayer. We will look at a few verses and sample prayers to help get us started.

Psalm 1:1, "*Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers.*"

Father, help me to avoid those who are wicked in my life. Keep me from being in deep relationships with people who mock you. Forgive me for any wickedness in my life, for times when I have sinned and gone away from your word.

Psalm 23:1, "*The Lord is my shepherd; I have all that I need.*"

Father, thank you for being my shepherd. Thank you for providing for all my needs. Thank you for providing for my family and my church. Help me to always follow you. I pray that my family and friends come to know you as shepherd. I pray my church follow you as shepherd.

Psalm 145:1, "*I will exalt you, my God and King, and praise your name forever and ever.*"

God I exalt you. You are my God and King. Thank you for saving me, thank you that you have sealed me with your name forever. Help me to lift your name high in my life at all times.