

DISCOVERY CHURCH



*30 Days  
with the  
Prayers  
of God's  
People*

Praying the Psalms



## How to Say the Psalms

Try not to let this guide overwhelm you.

This guide is a gift to provide a little bit of structure for adding the Psalms into your prayer life. If you don't currently use the Psalms you might start by saying a single Psalm each day. If you are looking to achieve nun-status and basically abandon work, friends, and all responsibilities, you might try to read all 150 Psalms in 30 days.

To give you even more flexibility as you add the Psalms to your prayers we have provided short excerpts of every one of the Psalms. You might find the Psalms most accessible by using these excerpts in place of the full Psalms. At least, at first. FYI: the excerpts are all from the New Living Translation (NLT).

People include the Psalms in their lives in so many ways that there truly is no one-size fits-all approach. Some only include the Psalms in their morning prayers. Others, in the evening. Some will pray a Psalm in both the morning and in the evening. Still others, a Psalm at meal times or morning, noon, and night. Adopt the Psalms in whatever way helps you take the next step in your practice of prayer.

To start, say the Psalms aloud whenever possible, reading them slowly and carefully, allowing the words to dwell within you.

When you say the Psalms with someone else, they are best recited responsively, two lines at a time. When you pray alone, a pause between each pair of lines is helpful in allowing the words to sink in.

In many communities where the Psalms are prayed regularly, each Psalm is followed by the prayer, "***Glory to Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.***" and also by a minute or two of silence. If you are just starting to develop a habit of saying the Psalms, you might say this prayer once at the very end of your time.

Feel free to personalize the 3Psalms by addressing God in the second person.

*Example:* You might alter "The LORD is my shepherd" to "You are my shepherd."

There is a tension between using a familiar translation and using a translation that is new to you. Familiar words can make the Psalms immediately accessible for prayer. However, new words can bring fresh meaning that might allow God to speak to you in new ways.

Remember that the Psalms have been prayed by the faithful in patterns just like this for thousands of years. The Psalms reflect and speak to and of all of life, all of its joy and its pain, all of its joy and its pain, all of its mystery and its wonder. Listen deeply to the words of these ancient prayers, and listen for the prayer of God that rises in your heart.

- adapted from *Venite: a Book of Daily Prayer*, p. 126

## RESOURCES ON THE PSALMS

Bono & Eugene Peterson: [A Conversation on the Psalms](#)

[“Modern Psalms”](#) (*Spotify Playlist*)

The Bible Project:

[“Introduction to the Psalms”](#)

[“Read Scripture: Psalms”](#)

[“How to Read the Bible: Psalms”](#)

[Podcast](#) - *4 Episodes on Psalms: Fear, Pain, Confession, and Doubt*

The Psalms for Prayer:

["Praying the Psalms: Engaging Scripture and the Life of the Spirit"](#)

- Walter Brueggeman (Wipf & Stock Pub, 2007)

["Reflections on the Psalms"](#)

- C. S. Lewis (Mariner Books, 1964)

["Answering God: The Psalms as Tools for Prayer"](#)

- Eugene Peterson (Mariner Books, 1964)

["Praying with the Psalms: A Year of Daily Prayers and Reflections on the Words of David"](#)

- Eugene Peterson (HarperOne, 1993)

Theology and Bible Study: The Psalms

["The Case for the Psalms: Why They Are Essential"](#)

- N. T. Wright (HarperOne, 2013)

["The Psalms as Christian Lament"](#)

- Bruce Waltke and James Houston (Eerdmans, 2010)

["The Art of Biblical Poetry"](#)

- Robert Alter (Basic Books, 2011)

["The Psalms: volumes 1-3"](#)

- John Goldingay (Baker Academic, 2002)

## **DAY 1**

### \_\_\_\_\_ **Psalm 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. But they delight in the law of the LORD, meditating on it day and night. vv. 1-2*

### \_\_\_\_\_ **Psalm 2**

*Now then, you kings act wisely! Be warned, you rulers of the earth! Serve the LORD with reverent fear, and rejoice with trembling. Submit to God's royal son. vv. 10-12*

### \_\_\_\_\_ **Psalm 3**

*I cried out to the LORD, and he answered me from his holy mountain. Arise, O LORD! Rescue me, my God! vv. 4, 7*

### \_\_\_\_\_ **Psalm 4**

*Have mercy on me and hear my prayer. v. 1*

### \_\_\_\_\_ **Psalm 5**

*Listen to my cry for help, my King and my God, for I pray to no one but you. Listen to my voice in the morning, LORD. Each morning I bring my requests to you and wait expectantly. vv. 2-3*

### \_\_\_\_\_ **Psalm 6**

*Have compassion on me, LORD, for I am weak. Heal me, LORD, for my bones are in agony. I am sick at heart. How long, O LORD, until you restore me? vv. 2-4*

### \_\_\_\_\_ **Psalm 7**

*Gather the nations before you. Rule over them from on high. The LORD judges the nations. For you look deep within the mind and heart, O righteous God. vv. 7, 9*

### \_\_\_\_\_ **Psalm 8**

*O LORD, our Lord, your majestic name fills the earth! Your glory is higher than the heavens. v. 1*

***Glory to Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.***

## Day 2

### \_\_\_\_\_ Psalm 9

*I will praise you, LORD, with all my heart; I will tell of all the marvelous things you have done. I will be filled with joy because of you. I will sing praises to your name, O Most High. vv. 1-2*

### \_\_\_\_\_ Psalm 10

*The LORD is king forever and ever! LORD, you know the hopes of the helpless. Surely you will hear their cries and comfort them. You will bring justice to the orphans and the oppressed, so mere people can no longer terrify them. vv. 16-18*

### \_\_\_\_\_ Psalm 11

*But the LORD is in his holy Temple; the LORD still rules from heaven. He watches everyone closely, examining every person on earth. The LORD examines both the righteous and the wicked. He hates those who love violence. vv. 4-5*

### \_\_\_\_\_ Psalm 12

*The LORD replies, "I have seen violence done to the helpless, and I have heard the groans of the poor. Now I will rise up to rescue them, as they have longed for me to do." v. 5*

### \_\_\_\_\_ Psalm 13

*O LORD, how long will you forget me? Forever? How long will you look the other way? I will sing to the LORD because he is good to me. vv. 1, 6*

### \_\_\_\_\_ Psalm 14

*Who will come from Mount Zion to rescue Israel? When the LORD restores his people, Jacob will shout with joy, and Israel will rejoice. v. 7*

***Glory to Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.***

## Day 3

### \_\_\_\_\_ Psalm 15

*Who may worship in your sanctuary, LORD? Who may enter your presence on your holy hill? Those who lead blameless lives and do what is right, speaking the truth from sincere hearts. vv. 1-2*

### \_\_\_\_\_ Psalm 16

*No wonder my heart is glad, and I rejoice. My body rests in safety. For you will not leave my soul among the dead or allow your holy one to rot in the grave. You will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever. vv. 9-11*

### \_\_\_\_\_ Psalm 17

*I am praying to you because I know you will answer, O God. Bend down and listen as I pray. Show me your unfailing love in wonderful ways. By your mighty power you rescue those who seek refuge from their enemies. vv. 6-7*

### \_\_\_\_\_ Psalm 18

*I love you, LORD; you are my strength. The LORD is my rock, my fortress, and my savior; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety. I called on the LORD, who is worthy of praise, and he saved me from my enemies. vv. 1-3*

***Glory to Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.***

## Day 4

### \_\_\_\_\_ Psalm 19

*May the words of my mouth and the meditation of my heart be pleasing to you, O LORD, my rock and my redeemer. v. 14*

### \_\_\_\_\_ Psalm 20

*May we shout for joy when we hear of your victory and raise a victory banner in the name of our God. v. 5*

### \_\_\_\_\_ Psalm 21

*How the king rejoices in your strength, O LORD! He shouts with joy because you give him victory. For you have given him his heart's desire; you have withheld nothing he requested. vv. 1-2*

### \_\_\_\_\_ Psalm 22

*My God, my God, why have you abandoned me? Why are you so far away when I groan for help? Praise the LORD, all you who fear him! For he has not ignored or belittled the suffering of the needy. He has not turned his back on them, but has listened to their cries for help. vv. 1, 23-24*

### \_\_\_\_\_ Psalm 23

*Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me. Surely your goodness and unfailing love will pursue me all the days of my life. vv. 4, 6*

***Glory to Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.***



## Day 5

### \_\_\_\_\_ Psalm 24

*The earth is the LORD's, and everything in it. The world and all its people belong to him. For he laid the earth's foundation on the seas and built it on the ocean depths. Who is the King of glory? The LORD, strong and mighty; the LORD, invincible in battle. vv. 1-2, 8*

### \_\_\_\_\_ Psalm 25

*O LORD, I give my life to you. I trust in you, my God. O God, ransom Israel from all its troubles. vv. 1, 22*

### \_\_\_\_\_ Psalm 26

*I love your sanctuary, LORD, the place where your glorious presence dwells. Now I stand on solid ground, and I will publicly praise the LORD. vv. 8, 12*

### \_\_\_\_\_ Psalm 27

*The LORD is my light and my salvation—so why should I be afraid? The one thing I ask of the LORD—the one thing I seek most—is to live in the house of the LORD all the days of my life, delighting in the LORD's perfections and meditating in his Temple. My heart has heard you say, "Come and talk with me." And my heart responds, "Lord, I am coming." vv.1, 4, 8*

### \_\_\_\_\_ Psalm 28

*The LORD gives his people strength. He is a safe fortress for his anointed king. Save your people! Bless Israel, your special possession. Lead them like a shepherd, and carry them in your arms forever. v. 9*

### \_\_\_\_\_ Psalm 29

*The LORD rules over the floodwaters. The LORD reigns as king forever. The LORD gives his people strength. The LORD blesses them with peace. vv. 10-11*

***Glory to Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.***

## Day 6

### \_\_\_\_\_ Psalm 30

*You have turned my mourning into joyful dancing. You have taken away my clothes of mourning and clothed me with joy, that I might sing praises to you and not be silent. O LORD my God, I will give you thanks forever. vv. 11-12*

### \_\_\_\_\_ Psalm 31

*Turn your ear to listen to me; rescue me quickly. Be my rock of protection, a fortress where I will be safe. You are my rock and my fortress. vv. 2-3*

### \_\_\_\_\_ Psalm 32

*Oh, what joy for those whose disobedience is forgiven, whose sin is put out of sight! Yes, what joy for those whose record the LORD has cleared of guilt, whose lives are lived in complete honesty! When I refused to confess my sin, my body wasted away, and I groaned all day long. Finally, I confessed all my sins to you and stopped trying to hide my guilt. And you forgave me! All my guilt is gone. vv. 1-3, 5*

### \_\_\_\_\_ Psalm 33

*For the word of the LORD holds true, and we can trust everything he does. He loves whatever is just and good; the unfailing love of the LORD fills the earth. vv. 4-5*

***Glory to Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.***

## Day 7

### \_\_\_\_\_ Psalm 34

*Come, let us tell of the LORD's greatness; let us exalt his name together. v. 3*

### \_\_\_\_\_ Psalm 35

*How long, O Lord, will you look on and do nothing? v.17*

### \_\_\_\_\_ Psalm 36

*Sin whispers to the wicked, deep within their hearts. They have no fear of God at all. v. 1*

### \_\_\_\_\_ Psalm 37

*Be still in the presence of the LORD, and wait patiently for him to act. v. 7*

***Glory to Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.***

## Day 8

### \_\_\_\_\_ Psalm 38

*O LORD, don't rebuke me in your anger or discipline me in your rage! My guilt overwhelms me—it is a burden too heavy to bear. My wounds fester and stink because of my foolish sins. You know what I long for, Lord; you hear my every sigh. My heart beats wildly, my strength fails, and I am going blind. Come quickly to help me, O Lord my savior. vv. 1, 4-5, 22*

### \_\_\_\_\_ Psalm 39

*Lord, remind me how brief my time on earth will be. Remind me that my days are numbered—how fleeting my life is. You have made my life no longer than the width of my hand. My entire life is just a moment to you; at best, each of us is but a breath. vv. 4-5*

### \_\_\_\_\_ Psalm 40

*I have told all your people about your justice. I have not been afraid to speak out, as you, O LORD, well know. I have not kept the good news of your justice hidden in my heart; I have talked about your faithfulness and saving power. I have told everyone in the great assembly of your unfailing love and faithfulness. vv. 9-10*

### \_\_\_\_\_ Psalm 41

*“O LORD,” I prayed, “have mercy on me. Heal me, for I have sinned against you.” v. 4*

### \_\_\_\_\_ Psalm 42

*As the deer longs for streams of water, so I long for you, O God. I thirst for God, the living God. When can I go and stand before him? vv. 1-2*

### \_\_\_\_\_ Psalm 43

*Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again—my Savior and my God! v. 5*

***Glory to Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.***

## Day 9

### \_\_\_\_\_ Psalm 44

*O God, we give glory to you all day long and constantly praise your name. v. 8*

### \_\_\_\_\_ Psalm 45

*Your throne, O God, endures forever and ever. You rule with a scepter of justice. v. 6*

### \_\_\_\_\_ Psalm 46

*God is our refuge and strength, always ready to help in times of trouble. Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world." vv. 1, 10*

### \_\_\_\_\_ Psalm 47

*Sing praises to God, sing praises; sing praises to our King, sing praises! For God is the King over all the earth. Praise him with a psalm! vv. 6-7*

### \_\_\_\_\_ Psalm 48

*O God, we meditate on your unfailing love as we worship in your Temple. As your name deserves, O God, you will be praised to the ends of the earth. vv. 9-10*

### \_\_\_\_\_ Psalm 49

*But as for me, God will redeem my life. He will snatch me from the power of the grave. v. 15*

***Glory to Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.***

## Day 10

### \_\_\_\_\_ Psalm 50

*From Mount Zion, the perfection of beauty, God shines in glorious radiance. Our God approaches, and he is not silent. Bring my faithful people to me—those who made a covenant with me by giving sacrifices.” vv. 2-3, 5*

### \_\_\_\_\_ Psalm 51

*Have mercy on me, O God, because of your unfailing love. Because of your great compassion, blot out the stain of my sins. You do not desire a sacrifice, or I would offer one. You do not want a burnt offering. The sacrifice you desire is a broken spirit. You will not reject a broken and repentant heart, O God. vv. 1, 16-17*

### \_\_\_\_\_ Psalm 52

*I am like an olive tree, thriving in the house of God. I will always trust in God’s unfailing love. v. 8*

### \_\_\_\_\_ Psalm 53

*God looks down on the entire human race; he looks to see if anyone seeks God. But no, all have turned away; all have become corrupt. vv. 2-3*

### \_\_\_\_\_ Psalm 54

*I will sacrifice a voluntary offering to you; I will praise your name, O LORD, for it is good. v. 6*

### \_\_\_\_\_ Psalm 55

*But I will call on God, and the LORD will rescue me. Morning, noon, and night I cry out in my distress, and the LORD hears my voice. vv. 16-17*

***Glory to Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.***

## Day 11

### \_\_\_\_\_ Psalm 56

*You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book. v. 8*

### \_\_\_\_\_ Psalm 57

*Wake up, my heart! Wake up, O lyre and harp! I will wake the dawn with my song. v. 8*

### \_\_\_\_\_ Psalm 58

*Justice—do you rulers know the meaning of the word? Do you judge the people fairly? No! You plot injustice in your hearts. You spread violence throughout the land. Then at last everyone will say, “There truly is a reward for those who live for God; surely there is a God who judges justly here on earth.” vv. 1-2, 11*

### \_\_\_\_\_ Psalm 59

*But as for me, I will sing about your power. Each morning I will sing with joy about your unfailing love. v. 16*

### \_\_\_\_\_ Psalm 60

*Now rescue your beloved people. Answer and save us by your power. God has promised this by his holiness. vv. 5-6*

### \_\_\_\_\_ Psalm 61

*Add many years to the life of the king! May his years span the generations! May he reign under God’s protection forever. v. 7*

***Glory to Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.***

## Day 12

### \_\_\_\_\_ Psalm 62

*God has spoken plainly, and I have heard it many times. v. 10*

### \_\_\_\_\_ Psalm 63

*O God, you are my God; I earnestly search for you. My soul thirsts for you; my whole body longs for you in this parched and weary land where there is no water. You satisfy me more than the richest feast. vv. 1, 5*

### \_\_\_\_\_ Psalm 64

*Hide me from the plots of this evil mob, from this gang of wrong doers. They sharpen their tongues like swords and aim their bitter words like arrows. vv. 2-3*

### \_\_\_\_\_ Psalm 65

*You formed the mountains by your power and armed yourself with mighty strength. You quieted the raging oceans with their pounding waves and silenced the shouting of the nations. vv. 6-7*

### \_\_\_\_\_ Psalm 66

*Come and see what our God has done, what awesome miracles he performs for people! He made a dry path through the Red Sea, and his people went across on foot. There we rejoiced in him. For by his great power he rules forever. vv. 5-7*

### \_\_\_\_\_ Psalm 67

*May the nations praise you, O God. Yes, may all the nations praise you. v. 5*

***Glory to Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.***



## Day 13

### \_\_\_\_\_ Psalm 68

*Let the godly rejoice. Let them be glad in God's presence. Let them be filled with joy. Sing to God, you kingdoms of the earth. Sing praises to the Lord. vv. 3, 32*

### \_\_\_\_\_ Psalm 69

*My eyes are swollen with weeping, waiting for my God to help me. O God, you know how foolish I am; my sins cannot be hidden from you. But I keep praying to you, LORD, hoping this time you will show me favor. vv. 3, 5, 13*

### \_\_\_\_\_ Psalm 70

*May those who love your salvation repeatedly shout, "God is great!" But as for me, I am poor and needy; please hurry to my aid, O God. vv. 4-5*

***Glory to Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.***

## Day 14

### \_\_\_\_\_ Psalm 71

*My life is an example to many, because you have been my strength and protection. And now, in my old age, don't set me aside. Don't abandon me when my strength is failing.*  
vv. 7, 9

### \_\_\_\_\_ Psalm 72

*Give your love of justice to the king, O God, and righteousness to the king's son. Help him judge your people in the right way; let the poor always be treated fairly. May the king's rule be refreshing like spring rain on freshly cut grass, like the showers that water the earth.*  
vv. 1-2, 6

### \_\_\_\_\_ Psalm 73

*But as for me, how good it is to be near God! I have made the Sovereign LORD my shelter.* v. 28

### \_\_\_\_\_ Psalm 74

*How long, O God, will you allow our enemies to insult you? Will you let them dishonor your name forever?* v. 10

***Glory to Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.***

## Day 15

### \_\_\_\_\_ Psalm 75

*We thank you, O God! We give thanks because you are near. v. 1*

### \_\_\_\_\_ Psalm 76

*You are glorious and more majestic than the everlasting mountains. v. 4*

### \_\_\_\_\_ Psalm 77

*When I was in deep trouble, I searched for the Lord. All night long I prayed, with hands lifted toward heaven, but my soul was not comforted. O God, your ways are holy. Is there any god as mighty as you? vv. 1-2. 13*

### \_\_\_\_\_ Psalm 78

*So each generation should set its hope anew on God, not forgetting his glorious miracles and obeying his commands. Then they will not be like their ancestors—stubborn, rebellious, and unfaithful, refusing to give their hearts to God. vv. 7-8*

***Glory to Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.***

## Day 16

### \_\_\_\_\_ Psalm 79

*O LORD, how long will you be angry with us? Forever? Do not hold us guilty for the sins of our ancestors! Let your compassion quickly meet our needs, for we are on the brink of despair. vv. 5, 8*

### \_\_\_\_\_ Psalm 80

*Turn us again to yourself, O God. Make your face shine down upon us. Only then will we be saved. v. 3*

### \_\_\_\_\_ Psalm 81

*I heard an unknown voice say, "Now I will take the load from your shoulders; I will free your hands from their heavy tasks. You cried to me in trouble, and I saved you." vv. 6-7*

### \_\_\_\_\_ Psalm 82

*Give justice to the poor and the orphan; uphold the rights of the oppressed and the destitute. Rescue the poor and helpless; deliver them from the grasp of evil people. vv. 3-4*

### \_\_\_\_\_ Psalm 83

*O God, do not be silent! Do not be deaf. Do not be quiet, O God. v. 1*

### \_\_\_\_\_ Psalm 84

*A single day in your courts is better than a thousand anywhere else! v. 10*

***Glory to Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.***

## Day 17

### \_\_\_\_\_ Psalm 85

*Unfailing love and truth have met together. Righteousness and peace have kissed! Truth springs up from the earth, and righteousness smiles down from heaven. vv. 10-11*

### \_\_\_\_\_ Psalm 86

*No pagan god is like you, O Lord. None can do what you do! v. 8*

### \_\_\_\_\_ Psalm 87

*Regarding Jerusalem it will be said, "Everyone enjoys the rights of citizenship there." And the Most High will personally bless this city. When the LORD registers the nations, he will say, "They have all become citizens of Jerusalem." vv. 5-6*

### \_\_\_\_\_ Psalm 88

*O LORD, God of my salvation, I cry out to you by day. I come to you at night. Now hear my prayer; listen to my cry. My eyes are blinded by my tears. Each day I beg for your help, O LORD; I lift my hands to you for mercy. O LORD, I cry out to you. I will keep on pleading day by day. vv. 1-2, 9, 13*

### \_\_\_\_\_ Psalm 89

*I will sing of the LORD's unfailing love forever! Young and old will hear of your faithfulness. Your unfailing love will last forever. Your faithfulness is as enduring as the heavens. vv. 1-2*

***Glory to Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.***

## Day 18

### \_\_\_\_\_ Psalm 90

*Teach us to realize the brevity of life, so that we may grow in wisdom. O LORD, come back to us! How long will you delay? Take pity on your servants! vv. 12-13*

### \_\_\_\_\_ Psalm 91

*Those who live in the shelter of the Most High will find rest in the shadow of the Almighty. This I declare about the LORD; He alone is my refuge, my place of safety; he is my God, and I trust him. vv. 1-2*

### \_\_\_\_\_ Psalm 92

*You thrill me, LORD, with all you have done for me! I sing for joy because of what you have done. O LORD, what great works you do! And how deep are your thoughts. vv. 4-5*

### \_\_\_\_\_ Psalm 93

*The LORD is king! He is robed in majesty. Indeed, the LORD is robed in majesty and armed with strength. The world stands firm and cannot be shaken. v. 1*

### \_\_\_\_\_ Psalm 94

*Joyful are those you discipline, LORD, those you teach with your instructions. v. 12*

***Glory to Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.***

## Day 19

### \_\_\_\_\_ Psalm 95

*Come, let us worship and bow down. Let us kneel before the LORD our maker, for he is our God. We are the people he watches over, the flock under his care. vv. 6-7*

### \_\_\_\_\_ Psalm 96

*Sing to the LORD; praise his name. Each day proclaim the good news that he saves. Publish his glorious deeds among the nations. Tell everyone about the amazing things he does. vv. 2-3*

### \_\_\_\_\_ Psalm 97

*Jerusalem has heard and rejoiced, and all the towns of Judah are glad because of your justice, O LORD! v. 9*

### \_\_\_\_\_ Psalm 98

*Shout to the LORD, all the earth; break out in praise and sing for joy! v. 4*

### \_\_\_\_\_ Psalm 99

*Mighty King, lover of justice, you have established fairness. You have acted with justice and righteousness throughout Israel. Exalt the LORD our God! Bow low before his feet, for he is holy! vv. 4-5*

### \_\_\_\_\_ Psalm 100

*Acknowledge that the LORD is God! He made us, and we are his. v. 3*

### \_\_\_\_\_ Psalm 101

*I will lead a life of integrity in my own home. v. 2*

***Glory to Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.***

## Day 20

### \_\_\_\_\_ Psalm 102

*He looked down to earth from heaven to hear the groans of the prisoners, to release those condemned to die. And so the LORD's fame will be celebrated in Zion, his praises in Jerusalem, when multitudes gather together and kingdoms come to worship the LORD. vv. 19-22*

### \_\_\_\_\_ Psalm 103

*Let all that I am praise the LORD; may I never forget the good things he does for me. He forgives all my sins and heals all my diseases. He redeems me from death and crowns me with love and tender mercies. He fills my life with good things. My youth is renewed like the eagle's! vv. 2-5*

### \_\_\_\_\_ Psalm 104

*O LORD, what a variety of things you have made! In wisdom you have made them all. The earth is full of your creatures. I will sing to the LORD as long as I live. I will praise my God to my last breath! vv. 24, 33*

***Glory to Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.***



## Day 21

### \_\_\_\_\_ Psalm 105

*Give thanks to the LORD and proclaim his greatness. Let the whole world know what he has done. Sing to him; yes, sing his praises. Tell everyone about his wonderful deeds. Exult in his holy name; rejoice, you who worship the LORD. Search for the LORD and for his strength; continually seek him. Remember the wonders he has performed, his miracles, and the rulings he has given, you children of his servant Abraham, you descendants of Jacob, his chosen ones. vv. 1-6*

### \_\_\_\_\_ Psalm 106

*Remember me, LORD, when you show favor to your people; come near and rescue me. Let me share in the prosperity of your chosen ones. Let me rejoice in the joy of your people; let me praise you with those who are your heritage.*

*Save us, O LORD our God! Gather us back from among the the nations, so we can thank your holy name and rejoice and praise you. Praise the LORD, the God of Israel, who lives from everlasting to everlasting! Let all the people say, "Amen!" vv. 4-5, 47-48*

***Glory to Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.***

## Day 22

### \_\_\_\_\_ Psalm 107

*Has the LORD redeemed you? Then speak out! Tell others he has redeemed you from your enemies. Some wandered in the wilderness, lost and homeless. Some sat in darkness and deepest gloom, imprisoned in iron chains of misery. Some were fools; they rebelled and suffered for their sins. Let them praise the LORD for his great love and for the wonderful things he has done for them. Some went off to sea in ships, plying the trade routes of the world. Let them praise the LORD for his great love and for the wonderful things he has done for them. vv. 2, 4, 10, 17, 23, 32*

### \_\_\_\_\_ Psalm 108

*My heart is confident in you, O God; no wonder I can sing your praises with all my heart! v. 1*

### \_\_\_\_\_ Psalm 109

*O God, whom I praise, don't stand silent and aloof while the wicked slander me and tell lies about me. They surround me with hateful words and fight against me for no reason. I love them, but they try to destroy me with accusations even as I am praying for them! They repay evil for good, and hatred for my love. vv. 1-5*

### \_\_\_\_\_ Psalm 110

*"The LORD said to my Lord, 'Sit in the place of honor at my right hand.' v. 1*

***Glory to Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.***

## Day 23

### \_\_\_\_\_ Psalm 111

*He has paid a full ransom for his people. He has guaranteed his covenant with them forever. What a holy, awe-inspiring name he has! v. 9*

### \_\_\_\_\_ Psalm 112

*How joyful are those who fear the LORD and delight in obeying his commands. They are generous, compassionate, and righteous. vv. 1, 4*

### \_\_\_\_\_ Psalm 113

*Everywhere—from east to west—praise the name of the LORD. v. 3*

### \_\_\_\_\_ Psalm 114

*Tremble, O earth, at the presence of the LORD, at the presence of the God of Jacob. vv. 7-8*

### \_\_\_\_\_ Psalm 115

*Not to us, O LORD, not to us, but to your name goes all the glory for your unfailing love and faithfulness. v. 1*

***Glory to Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.***

## Day 24

### \_\_\_\_\_ Psalm 116

*The LORD cares deeply when his loved ones die. v. 15*

### \_\_\_\_\_ Psalm 117

*He loves us with an unfailing love; the LORD's faithfulness endures forever. v. 2*

### \_\_\_\_\_ Psalm 118

*Give thanks to the LORD, for he is good! His faithful love endures forever. v. 1*

### \_\_\_\_\_ Psalm 119 (divided into sections, according to Hebrew alphabet)

\_\_\_\_\_ ALEPH. *As I learn your righteous regulations, I will thank you by living as I should. v. 7*

\_\_\_\_\_ BETH. *How can a young person stay pure? By obeying your word. I have hidden your word in my heart, that I might not sin against you. vv. 9, 11*

\_\_\_\_\_ GIMEL. *Open my eyes to see the wonderful truths in your instructions. Your laws please me; they give me wise advice. vv. 18, 24*

\_\_\_\_\_ DALETH. *Keep me from lying to myself; give me the privilege of knowing your instructions. v. 29*

***Glory to Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.***

## Day 25

\_\_\_\_\_ **Psalm 119** (divided into sections, according to Hebrew alphabet)

\_\_\_\_\_ HE. *Give me an eagerness for your laws rather than a love for money!* v. 36

\_\_\_\_\_ WAW. *How I delight in your commands! How I love them!* v. 47

\_\_\_\_\_ ZAYIN. *I meditate on your age-old regulations; O LORD, they comfort me. I reflect on who you are, O LORD; therefore, I obey your instructions.* vv. 52, 55

\_\_\_\_\_ HETH. *With all my heart I want your blessings. Be merciful as you promised. I rise at midnight to thank you for your just regulations.* vv. 58, 62

\_\_\_\_\_ TETH. *I used to wander off until you disciplined me; but now I closely follow your word.* v. 67

\_\_\_\_\_ YODH. *May all who fear you find in me a cause for joy, for I have put my hope in your word.* v. 74

\_\_\_\_\_ KAPH. *I am worn out waiting for your rescue, but I have put my hope in your word.* v. 81

\_\_\_\_\_ LAMEDH. *Your eternal word, O LORD, stands firm in heaven.* v. 89

\_\_\_\_\_ MEM. *How sweet your words taste to me; they are sweeter than honey.* v. 103

***Glory to Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.***

## Day 26

\_\_\_\_\_ **Psalm 119** (divided into sections, according to Hebrew alphabet)

\_\_\_\_\_ NUN. *Your word is a lamp to guide my feet and a light for my path. v. 105*

\_\_\_\_\_ SAMEKH. *You are are my refuge and my shield; your word is my source of hope. v. 114*

\_\_\_\_\_ AYIN. *Give discernmentg to me, your servant; then I will understand your laws. v. 125*

\_\_\_\_\_ PE. *Your laws are wonderful. No wonder I obey them! I pant with expectation, longing for your commands. vv. 129, 131*

\_\_\_\_\_ TSADHE. *Your laws are perfect and completely trustworthy. v. 137*

\_\_\_\_\_ QOPH. *But you are near, O LORD, and all your commands are true. v. 151*

\_\_\_\_\_ RESH. *The very essence of your words is truth; all your just regulations will stand forever. v. 160*

\_\_\_\_\_ SHIN. *I will praise you seven times a day because all your regulations are just. I have obeyed your laws, for I love them very much. vv. 164, 167*

\_\_\_\_\_ TAW. *I have wandered away like a lost sheep; come and find me, for I have not forgotten your commands. v. 176*

***Glory to Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.***

## Day 27

\_\_\_\_\_ **Psalm 120**

*I am tired of living among people who hate peace. I search for peace. vv.6-7*

\_\_\_\_\_ **Psalm 121**

*I look up to the mountains—does my help come from there? My help comes from the LORD. vv. 1-2*

\_\_\_\_\_ **Psalm 122**

*I was glad when they said to me, “Let us go to the house of the LORD.” v. 1*

\_\_\_\_\_ **Psalm 123**

*Have mercy on us, LORD, have mercy. v. 3*

\_\_\_\_\_ **Psalm 124**

*What if the LORD had not been on our side? v. 1*

\_\_\_\_\_ **Psalm 125**

*As the mountains surround Jerusalem, so the LORD surrounds his people. v. 2*

\_\_\_\_\_ **Psalm 126**

*We were filled with laughter, and we sang for joy. v. 2*

\_\_\_\_\_ **Psalm 127**

*Unless the LORD builds a house, the work of the builders is wasted. v. 1*

\_\_\_\_\_ **Psalm 128**

*How joyful are those who fear the LORD—all who follow his ways! vv. 1*

\_\_\_\_\_ **Psalm 129**

*From my earliest youth my enemies have persecuted me, but they have never defeated me. v. 2*

\_\_\_\_\_ **Psalm 130**

*O Israel, hope in the LORD; for with the LORD there is unfailing love. v. 7*

\_\_\_\_\_ **Psalm 131**

*I don't concern myself with matters too great or too awesome for me to grasp. v. 1*

***Glory to Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.***

## Day 28

### \_\_\_\_\_ Psalm 132

*I will bless this city and make it prosperous; I will satisfy its poor with food. v. 15*

### \_\_\_\_\_ Psalm 133

*How wonderful and pleasant it is when brothers live together in harmony. v. 1*

### \_\_\_\_\_ Psalm 134

*Lift up holy hands in prayer, and praise the LORD. v. 2*

### \_\_\_\_\_ Psalm 135

*Praise Him, you who serve the LORD, you who serve in the house of the LORD, in the courts of the house of our God. vv. 1-2*

### \_\_\_\_\_ Psalm 136

*Give thanks to the LORD, for he is good! Give thanks to the God of gods. Give thanks to the Lord of lords. His faithful love endures forever. vv. 1-3*

### \_\_\_\_\_ Psalm 137

*Beside the rivers of Babylon, we sat and wept as we thought of Jerusalem. Our captors demanded a song from us. But how can we sing the songs of the LORD while in a pagan land? vv. 1, 3-4*

### \_\_\_\_\_ Psalm 138

*Every king in all the earth will thank you, LORD, for all of them will hear your words. Yes, they will sing about the LORD's ways, for the glory of the LORD is very great. vv. 4-5*

***Glory to Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.***



## Day 29

### \_\_\_\_\_ Psalm 139

*Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life. vv. 23-24*

### \_\_\_\_\_ Psalm 140

*I said to the LORD, "You are my God!" Listen, O LORD, to my cries for mercy! LORD, do not let evil people have their way. vv. 6, 8*

### \_\_\_\_\_ Psalm 141

*Listen when I cry to you for help! Accept my prayer as incense offered to you, and my upraised hands as an evening offering. vv. 1-2*

### \_\_\_\_\_ Psalm 142

*I cry out to the LORD; I pour out my complaints before him and tell him all my troubles. vv. 1-2*

### \_\_\_\_\_ Psalm 143

*Come quickly, LORD, and answer me, for my depression deepens. Don't turn away from me, or I will die. Let me hear of your unfailing love each morning, for I am trusting you. vv. 7-8*

***Glory to Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.***

## Day 30

### \_\_\_\_\_ Psalm 144

*O LORD, what are human beings that you should notice them, mere mortals that you should think about them? For they are like a breath of air; their days are like a passing shadow. vv. 3-4*

### \_\_\_\_\_ Psalm 145

*The LORD is merciful and compassionate, slow to get angry and filled with unfailing love. The LORD is good to everyone. He showers compassion on his creation. vv. 8-9*

### \_\_\_\_\_ Psalm 146

*He gives justice to the oppressed and food to the hungry. The LORD frees the prisoners. The LORD opens the eyes of the blind. The LORD lifts up those who are weighed down. vv. 7-8*

### \_\_\_\_\_ Psalm 147

*No, the LORD's delight is in those who fear him, those who put their hope in his unfailing love. v. 11*

### \_\_\_\_\_ Psalm 148

*Let every created thing give praise to the LORD, for he issued his command, and they came into being. v. 5*

### \_\_\_\_\_ Psalm 149

*Praise his name with dancing. Let the praises of God be in their mouths. vv. 3, 6*

### \_\_\_\_\_ Psalm 150

*Let everything that breathes sing praises to the LORD. v. 6*

***Glory to Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.***