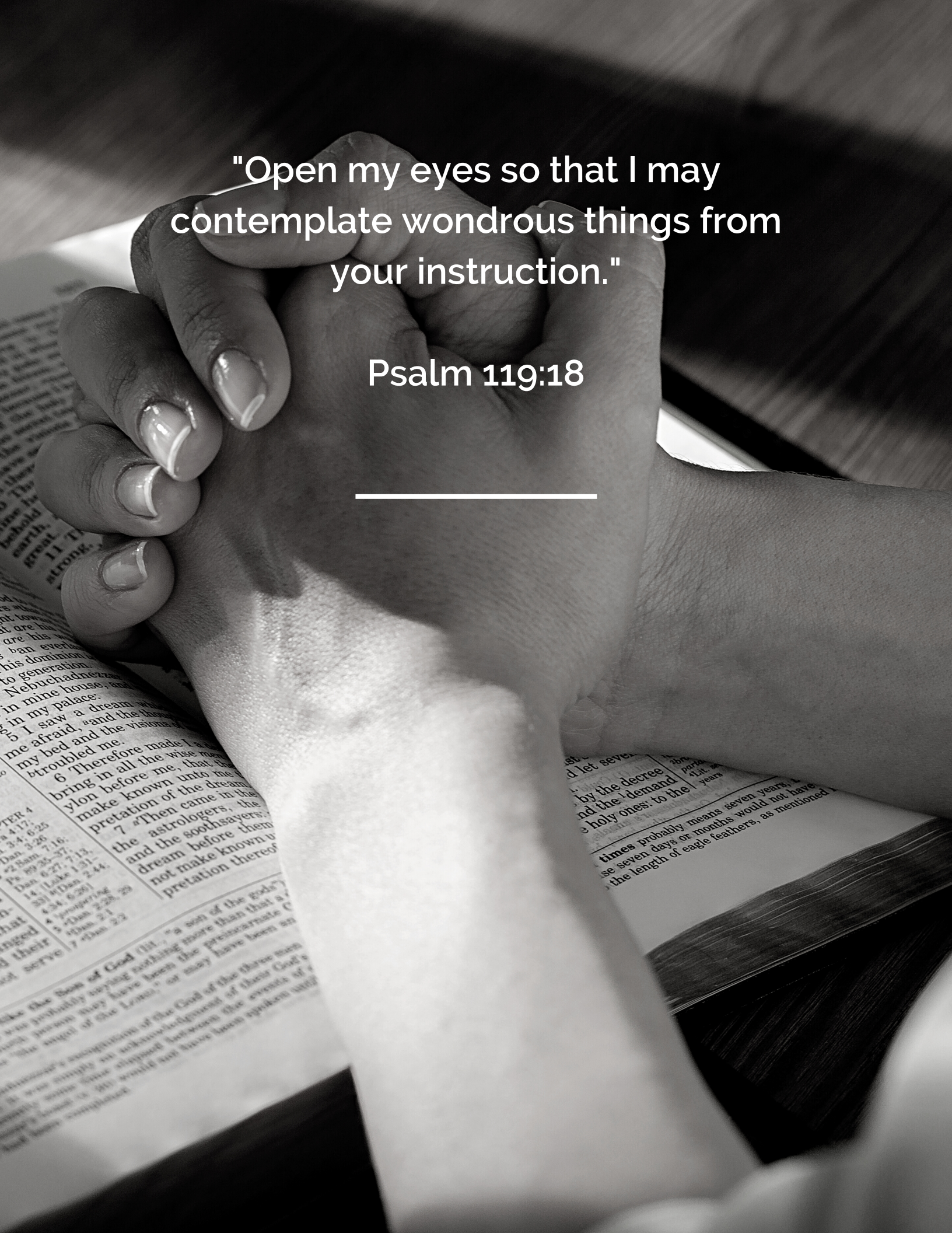




PRAYING THE PSALMS



"Open my eyes so that I may
contemplate wondrous things from
your instruction."

Psalm 119:18

THE METHOD

As a whole, the psalms comprise perhaps the best place in Scripture from which to pray Scripture. The basis of this claim is the original purpose for which God inspired the psalms. The book of Psalms—which means “book of praises” in Hebrew—was the songbook of Israel. The psalms were inspired by God for the purpose of being sung to God.

In light of this, we want to commend to you a systematic approach for praying a psalm each day. It’s called “Psalms of the Day.” If you intend to pray through a psalm, using the Psalms of the Day approach helps you avoid thumbing through the middle of your Bible, randomly searching for a psalm that looks interesting. Too often, such an inconsistent process results in omitting many of the psalms. It also can slow your devotional momentum as you find yourself aimlessly meandering through chapters instead of praying.

With the Psalms of the Day, you take thirty seconds or so to quickly scan five specific psalms and pick the one that best leads you to prayer on that occasion. It’s based on taking the 150 psalms and dividing them by thirty days (because most months have at least thirty days). That results in five psalms per day.

Or to put it another way, if you were to read five psalms a day for an entire month, at the end of the month you would have read through the entire book of Psalms. While reading five Psalms a day is a great practice that many enjoy, that’s not what we’re advocating here. What we’re suggesting is that you take half a minute to quickly scan five psalms and pick one of those five to pray through.

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

EXAMPLES OF PRAYERS

Suppose today is the twentieth of the month. The Psalms of the Day are 20, 50, 80, 110, and 140. After a quick scan of them, let's say you settle on Psalm 20 as the one you might read the beginning of verse 1 - "May the LORD answer you in the day of trouble!" - and pray:

Lord, please answer me today. I am in trouble - my finances are in trouble, my body is in trouble, and my relationships are in trouble. O answer me today, Lord, because I am in trouble in so many ways.

Then you read the second half of verse 1: "May the name of the God of Jacob protect you!" That prompts you to pray something like this:

Thank you, God of Jacob, that through your Son, Jesus, you have set me securely on high by your grace. I will never fall. By your work of preserving me through the Holy Spirit, I am securely set on high. The Bible says in Ephesians that I am seated in the heavenly places with Christ. Thank you for the security of that and all you have done for me in Christ.

Eagerly you turn to verse 2 and read, "May He send you help from the sanctuary." You pray:

O God, send me help today right from the sanctuary of heaven itself. Send me help with my finances, send me help with my children, send me help in my work. From the highest place of authority that exists, send me help with my lack of faith. Send me heavenly help with temptation today. Please send me help right from the throne room of heaven, O Lord.


You might pray for heavenly help for many things, and then you read verse 3: "May He remember all your offerings and regard with favor your burnt sacrifices!" This might suggest to you words such as these:

Heavenly Father, my offering to you are the life and death of Jesus, your perfect Son. He is the offering you accept. Jesus is the sacrifice you will receive. I do give myself to you afresh, Lord – all that I am and all that I have. But, I know that you will regard these with favor, and I believe you will hear my prayer for help from the sanctuary, because I offer them all in the name of the perfect offering, Jesus.

And thus you continue through the psalm until you run out of time or you run out of psalm.



THE PLAN

<div>DAY 1</div> <div>Psalm 1 Psalm 31 Psalm 61 Psalm 91 Psalm 121</div>	<div>DAY 2</div> <div>Psalm 2 Psalm 32 Psalm 62 Psalm 92 Psalm 122</div>	<div>DAY 3</div> <div>Psalm 3 Psalm 33 Psalm 63 Psalm 93 Psalm 123</div>	<div>DAY 4</div> <div>Psalm 4 Psalm 34 Psalm 64 Psalm 94 Psalm 124</div>	<div>DAY 5</div> <div>Psalm 5 Psalm 35 Psalm 65 Psalm 95 Psalm 125</div>	<div>DAY 6</div> <div>Psalm 6 Psalm 36 Psalm 66 Psalm 96 Psalm 126</div>
<div>DAY 7</div> <div>Psalm 7 Psalm 37 Psalm 67 Psalm 97 Psalm 127</div>	<div>DAY 8</div> <div>Psalm 8 Psalm 38 Psalm 68 Psalm 98 Psalm 128</div>	<div>DAY 9</div> <div>Psalm 9 Psalm 39 Psalm 69 Psalm 99 Psalm 129</div>	<div>DAY 10</div> <div>Psalm 10 Psalm 40 Psalm 70 Psalm 100 Psalm 130</div>	<div>DAY 11</div> <div>Psalm 11 Psalm 41 Psalm 71 Psalm 101 Psalm 131</div>	<div>DAY 12</div> <div>Psalm 12 Psalm 42 Psalm 72 Psalm 102 Psalm 132</div>
<div>DAY 13</div> <div>Psalm 13 Psalm 43 Psalm 73 Psalm 103 Psalm 133</div>	<div>DAY 14</div> <div>Psalm 14 Psalm 44 Psalm 74 Psalm 104 Psalm 134</div>	<div></div>		<div>DAY 15</div> <div>Psalm 15 Psalm 45 Psalm 75 Psalm 105 Psalm 135</div>	<div>DAY 16</div> <div>Psalm 16 Psalm 46 Psalm 76 Psalm 106 Psalm 136</div>
<div>DAY 17</div> <div>Psalm 17 Psalm 47 Psalm 77 Psalm 107 Psalm 137</div>	<div>DAY 18</div> <div>Psalm 18 Psalm 48 Psalm 78 Psalm 108 Psalm 138</div>	<div>PSALMS OF THE DAY</div>		<div>DAY 19</div> <div>Psalm 19 Psalm 49 Psalm 79 Psalm 109 Psalm 139</div>	<div>DAY 20</div> <div>Psalm 20 Psalm 50 Psalm 80 Psalm 110 Psalm 140</div>
<div>DAY 21</div> <div>Psalm 21 Psalm 51 Psalm 81 Psalm 111 Psalm 141</div>	<div>DAY 22</div> <div>Psalm 22 Psalm 52 Psalm 82 Psalm 112 Psalm 142</div>	<div>DAY 23</div> <div>Psalm 23 Psalm 53 Psalm 83 Psalm 113 Psalm 143</div>	<div>DAY 24</div> <div>Psalm 24 Psalm 54 Psalm 84 Psalm 114 Psalm 144</div>	<div>DAY 25</div> <div>Psalm 25 Psalm 55 Psalm 85 Psalm 115 Psalm 145</div>	<div>DAY 26</div> <div>Psalm 26 Psalm 56 Psalm 86 Psalm 116 Psalm 146</div>
<div>DAY 27</div> <div>Psalm 27 Psalm 57 Psalm 87 Psalm 117 Psalm 147</div>	<div>DAY 28</div> <div>Psalm 28 Psalm 58 Psalm 88 Psalm 118 Psalm 148</div>	<div>DAY 29</div> <div>Psalm 29 Psalm 59 Psalm 89 Psalm 119 Psalm 149</div>	<div>DAY 30</div> <div>Psalm 30 Psalm 60 Psalm 90 Psalm 120 Psalm 150</div>	<div>DAY 31</div> <div>Psalm 119</div>	

NOTES



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