

**First Friends Church**  
**Psalms Reading Plan for Daily Prayer & Worship**  
**Sermon Series: “Psalms: Playlist For Life”**

### **Praying the Psalms**

1. The Psalms teach us to pray through imitation and response. Real prayer is always an answer to God’s revelation.
  - a. Watch for the patterns of Praise – Petition – Honest Emotion - Praise
2. The Psalms take us deep into our own hearts much faster than we would ever go if left to ourselves. Religious/moral people tend to want to deny the rawness and reality of their own feelings, especially the darkness of them. The secular world has almost made an idol of emotional self-expression. But the Psalmists neither “stuff” their feelings nor “ventilate” them. They pray them — they take them into the presence of God until they change or understand them.

### **Suggestions**

1. **Try to understand a Psalm before praying it.** An internet search or commentary is particularly helpful to understand the context of the Psalm. What was the Psalmist going through when he wrote this particular Psalm? The Psalms also point to Christ. Where might this psalm fit into his life?
2. **Linger over a Psalm.** Is there a particular verse that is particularly relevant to your life right now? Chew on it. Read it aloud over and over, with a different emphasis on each word. Why is this word chosen or important here? What difference would this make in my life if I believed this with all my heart? If I applied this to my life? Pray for yourself and others from it.
3. **Use the Psalms to praise God for different aspects of his character.**

### **Remember This Is Prayer and Worship Not A Task To Complete**

Try out the above suggestions. If one Psalm per day is too fast then go at your own pace. Take small steps. 15-20 minutes a day would be a great starting point. Don’t rush. Don’t worry about doing this perfectly, just start! Invite the Holy Spirit into these times and let his grace and truth shape your prayer and heart. Stay at it for three weeks — research shows that it takes about three weeks to build a habit. Be alert to what differences might be happening in your relationship with the Lord and your life as a result. (If helpful, go for a leisurely block of time on a Sunday! Or discuss/pray a Psalm in community.)

**Additional Note:** The Imprecatory Psalms (calling down a curse on enemies) can be confusing with their cries for vengeance upon Israel’s or the psalmist’s enemies. Basically, realize that calls for justice are absolutely right, and remind us how important God’s holiness and justice are. But secondly, recognize that the Psalmists did not have the justice of God completely satisfied in Christ. Thus we pray for our enemies, not wish them ill. Yet we as Christians can pray these Psalms as longings for social justice and hatred against the “power and principalities” behind the world. Imprecatory Psalms include: 5, 10, 17, 35, 58, 59, 69, 70, 79, 83, 109, 137, 140. (Timothy Keller 2006)

**Suggested Psalms for Daily or Weekly Reading:**

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