

The Psalms...Everyday, Everywhere

But his delight is in the law of the LORD, and on his law he meditates day and night. – Psalm 1:2



Silver Amulet Scrolls,
c. 600 BC

Deut 11:18-19

Prov 1:9-10

Prov 6:19-22

Psalm 1:2

The Bible speaks figuratively of Scripture being like an amulet: it is to be kept close to your mind and heart on a daily basis.

Ideas for meditating on the Psalms day and night:

- ✧ Choose an “amulet psalm” for your life: If you were to have one psalm inscribed on a pendant, money clip, ring, etc., what would it be?
- ✧ Choose one “amulet psalm” for a year or a month. Read, meditate on, and pray this psalm every day, ideally once in the morning and once in the evening.
- ✧ Post a psalm on your mirror, door, refrigerator, car, or somewhere where you see it daily.
- ✧ Keep a psalm or reference to a psalm in your pocket or purse where you find it daily to remind you of its message.
- ✧ Memorize a psalm.
- ✧ Start a collection of your favorite psalms, write them in a journal.
- ✧ Draw, paint, take a picture of something, or find an object that represents a psalm you are meditating on. Put this somewhere where you can see it daily.

“In the Psalms, we looked in the heart of all the saints, and we seem to gaze into fair pleasure gardens—into heaven itself, indeed—where blooms in sweet, refreshing, gladdening flowers of holy and happy thoughts about God and all his benefits.”

— Martin Luther