

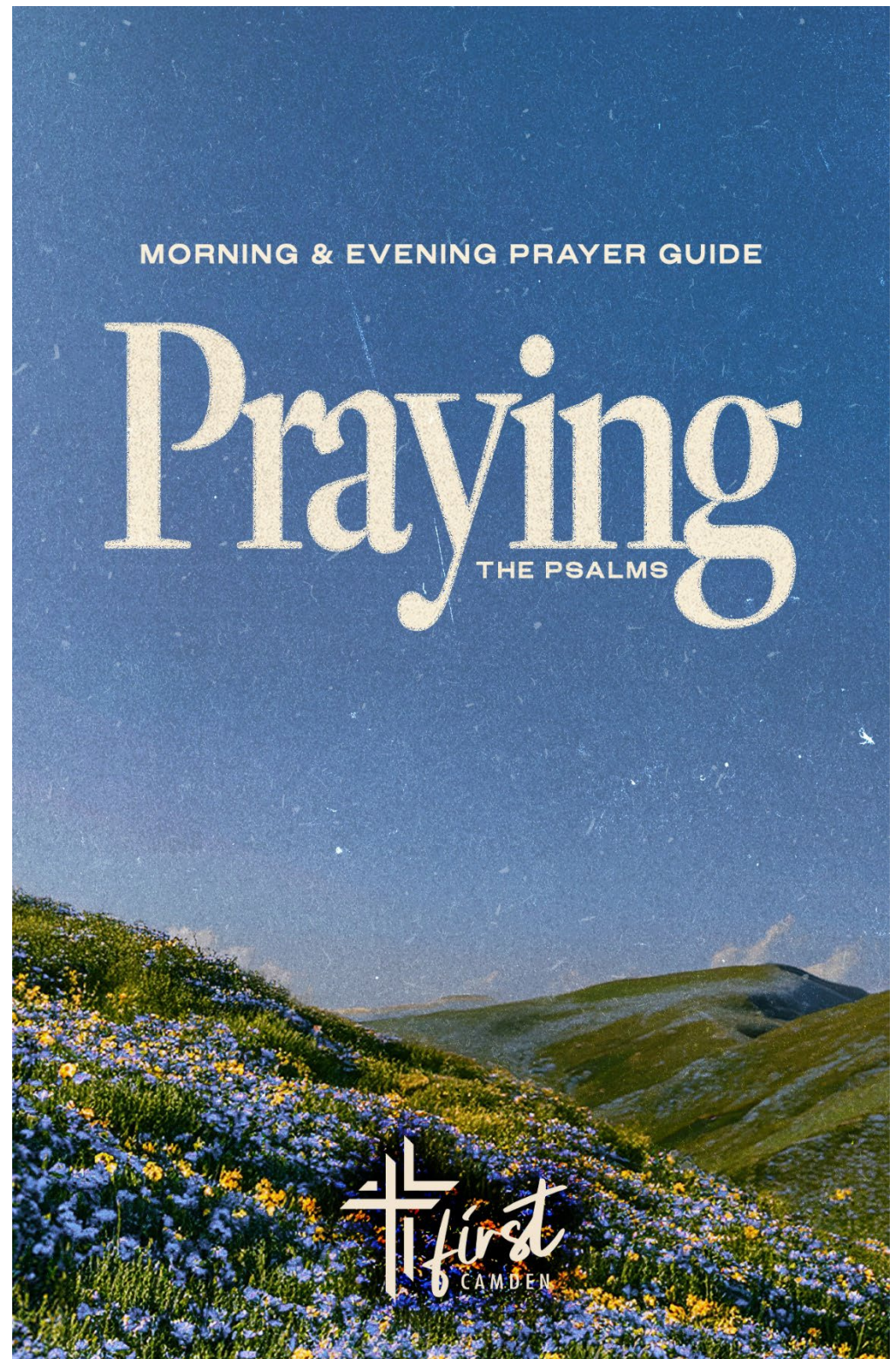
## How to Use this Prayer Guide

This prayer guide is designed to help you pray through the entire book of Psalms each month. A few helpful tips:

- Do not get overwhelmed and then give up. If you find it too difficult to pray all of the psalms in the order presented here, then start small. Pray one of the psalms for Day 1 then one more on Day 2. That is ok! Sometimes we need to learn and get acclimated to prayer rhythms one small step at a time.
- To pray the psalms, read the prescribed psalm. Then read it again. Then again, if need be, until you really *hear* the words of the psalm. Then *pray* the psalm. Offer its words as your prayer to God.
- As you pray the psalms, let the Holy Spirit interrupt and springboard you into your own words. That is, let the Holy Spirit use a word from the psalm you are praying, or a phrase or a verse, to springboard your heart and mind into your own words. Then come back to the psalm if you grow dull or distracted. The psalms give us an objective standard to combat our own inherent penchant for distraction. Anchor your prayers in the psalms when you are having trouble praying or do not feel like praying.
- Consider the role of posture as you pray the psalms. Perhaps read the psalm a time or two where you sit and then consider kneeling as you pray the psalm. Find what works best for you!
- Consider buying a small, stand-alone copy that contains just the psalms, if doing so would help you.

There is no shame in needing help in learning to pray! The psalms are the prayer book of the Bible! I believe you will find them to be powerful, beautiful, and convicting. What is more, as the Holy Spirit speaks through the psalms to your own heart, you will find the prayers of the psalms helping and shaping your own prayers!

Pastor Wyman



DATE	MORNING PRAYER PSALMS
1	1, 2, 3, 4, 5
2	9, 10, 11
3	15, 16, 17
4	19, 20, 21
5	24, 25, 26
6	30, 31
7	35, 36
8	38, 39, 40
9	44, 45, 46
10	50, 51, 52
11	56, 57, 58
12	62, 63, 64
13	68
14	71, 72
15	75, 76, 77
16	79, 80, 81
17	86, 87, 88
18	90, 91, 92
19	95, 96, 97
20	102, 103
21	105
22	107
23	110, 111, 112, 113
24	116, 117, 118
25	119:33-72
26	119:105-144
27	120, 121, 122, 123, 124, 125
28	132, 133, 134, 135
29	139, 140
30	144, 145, 146

DATE	EVENING PRAYER PSALMS
1	6, 7, 8
2	12, 13, 14
3	18
4	22, 23
5	27, 28, 29
6	32, 33, 34
7	37
8	41, 42, 43
9	47, 48, 49
10	53, 54, 55
11	59, 60, 61
12	65, 66, 67
13	69, 70
14	73, 74
15	78
16	82, 83, 84, 85
17	89
18	93, 94
19	98, 99, 100, 101
20	104
21	106
22	108, 109
23	114, 115
24	119:1-32
25	119:73-104
26	119:145-176
27	126, 127, 128, 129, 130, 131
28	136, 137, 138
29	141, 142, 143
30	147, 148, 149, 150

*If there is a 31<sup>st</sup> day of the month, psalms are chosen from among the Songs of Ascents (120 to 134).*