

Reading and Praying the Psalms

The Reading Plan

The following reading plan is offered as a guide to the active reading and praying the Psalms, the book of the Bible which perhaps expresses more than any other the full range of human emotions from anger to love and grief to sorrow. After reading each psalm, compose a prayer which captures the essence of the psalm as it speaks to you and use the prayer as a guide to your way forward in faith.

Before you begin reading each day, **prepare** by clearing your mind of the distraction in your life so that you can focus totally on the Bible passage. **Read** silently or aloud with both mind and heart open to the message. When you finish, **reflect** on what you have read, on how it relates to other passages in the Bible, and on how it relates to your life. **Share** what you have read and your reactions with family, a “reading buddy,” or a reading or study group with whom you enjoy fellowship face-to-face, by telephone, or by e-mail, Facebook or other social media. Most importantly, **pray** to God in thanksgiving and supplication, and **listen** in silence for His voice.

Date	Scripture Reading
June 1	Psalms 1-2
June 2	Psalms 3-4
June 3	Psalms 5-6
June 4	Psalms 7-8
June 5	Psalm 9
June 6	Psalms 10-11
June 7	Join other Christians today for worship, study, and fellowship.
June 8	Psalms 12-13
June 9	Psalms 14-16
June 10	Psalm 17
June 11	Psalm 18
June 12	Psalms 19-20
June 13	Psalms 21-22
June 14	Join other Christians today for worship, study, and fellowship.
June 15	Psalm 23-25
June 16	Psalms 26-27
June 17	Psalms 28-29
June 18	Psalms 30-31
June 19	Psalms 32-34
June 20	Psalms 35-36
June 21	Join other Christians today for worship, study, and fellowship.
June 22	Psalm 37
June 23	Psalm 38-39
June 24	Psalms 40-41
June 25	Psalm 42-44
June 26	Psalms 45-46
June 27	Psalms 47-48
June 28	Join other Christians today for worship, study, and fellowship.
June 29	Psalms 49-50
June 30	Psalms 51-54
July 1	Psalm 55

July 2	Psalms 56-57
July 3	Psalms 58-59
July 4	Psalms 60-61
July 5	Join other Christians today for worship, study, and fellowship.
July 6	Psalms 62-63
July 7	Psalms 64-65
July 8	Psalms 66-67
July 9	Psalm 68
July 10	Psalm 69
July 11	Psalms 70-72
July 12	Join other Christians today for worship, study, and fellowship.
July 13	Psalm 73
July 14	Psalms 74-75
July 15	Psalms 76-77
July 16	Psalm 78
July 17	Psalms 79-80
July 18	Psalms 81-82
July 19	Join other Christians today for worship, study, and fellowship.
July 20	Psalms 83-84
July 21	Psalms 85-86
July 22	Psalms 87-88
July 23	Psalm 89
July 24	Psalms 90-91
July 25	Psalms 92-93
July 26	Join other Christians today for worship, study, and fellowship.
July 27	Psalms 94-95
July 28	Psalms 96-97
July 29	Psalms 98-99
July 30	Psalms 100-101
July 30	Psalms 102-103
August 1	Psalm 104