



*Reading through
the Psalms in
10 Weeks*

Instructions:

1. Pray before you read. The words of your prayer can be as simple as the words Samuel said to God – “Speak Lord, your servant is listening.”
2. Each day read the selected Psalms
3. Underline the key words / the words that resonated with you
 - a. Why did you underline those words?
4. Write out at least one verse from the Psalm(s) you read and re-read the verse throughout the day

Other suggestions for getting the most out of your

“Summer in the Psalms”:

1. Visit the Psalm Space in the sanctuary. This space has been created for you to be able to engage with the Psalms in multiple ways (Praying the Psalms, writing your own Psalms, using art, etc.).
2. Use your Psalm reading in your discussions with your 2s and 1.
3. Read a Psalm aloud before dinner with your family. Ask each person at the table to share their favorite verse/word from the Psalm and then use the Psalm for your prayer before eating.
4. Read “Five Ways to Pray the Psalms” by **Ben Patterson**

“Five Ways to Pray the Psalms” by Ben Patterson

1. Say Them Out Loud. Just read the Psalms slowly and thoughtfully, assenting to what they say with as much understanding as you have, intellectually and emotionally. Don't just read them, pray them; say them from the heart. The Psalms contain both the Word God has to say to us about prayer and the words he wants us to say to him in prayer. "This is pure grace," exclaimed Dietrich Bonhoeffer, "that God tells us how we can speak with him and have fellowship with him."

2. Festoon Them. Think of a psalm as a Christmas tree. Read it and then festoon it with your own prayers, as you would decorate a tree. Your prayers are answers to what God says to you in the psalm. One way to understand a psalm's intent is to read it through the lens of the "three Rs": *Rejoice*: What do I find here that gives me cause to rejoice, to give praise and thanks? *Repent*: What do I read here that brings to light sin in my life? *Request*: What in this psalm can inform the way I pray for others and myself?

3. Paraphrase Them. Meditate on and study a psalm until you understand it well enough to put it into your own words. Then paraphrase the psalm as you have come to understand it, and pray your paraphrase. No one need read or hear what you have written but you and the Lord, who delights in the prayers of his people.

4. Learn Them by Heart. Memorize the Psalms—but not by rote. Rather, learn them by heart; make their words your words. Come to understand them so well you can recite them—by inflection and tone—as though you had written them yourself. This is by far the best way I know to learn to pray the Psalms. I can think of no more powerful way to allow the Word of God to change who you are and how you think. Over the years, the prayers of the Psalms have offered incomparable comfort and clarity in desperate, murky, and confusing situations, when I didn't have a worthwhile word of my own to say—when I quite literally didn't have a prayer.

5. Marinate in Them. Some people use the Bible like they use spice to liven up the taste of food—a little Tabasco here, some salt and pepper and oregano there; a particular psalm to read when you are (check one) sad or glad or afraid or lonely or struggling with doubt. But it's better to use the Psalms as you would a marinade. A spice touches only the surface of the food; a marinade changes its character. The soul should marinate in Scripture by repeated, thoughtful, slow, comprehensive, and Spirit-enlightened reading.

— *Abridged from God's Prayer Book by Ben Patterson.*

Summer in the Psalms Reading Schedule

Date	Psalms(s)	Key word / verse
July 5	1, 2, 3	
July 6	4, 5, 6	
July 7	7, 8, 9	
July 8	10, 11, 12	
July 9	13, 14, 15, 16	
July 10	17, 18	
July 11	19, 20, 21	
July 12	22, 23, 24	
July 13	25, 26, 27	
July 14	28, 29, 30	
July 15	31, 32, 33	
July 16	34, 35	
July 17	36, 37, 38	

Summer in the Psalms Reading Schedule

Date	Psalms(s)	Key word / verse
July 18	39, 40, 41	
July 19	42, 43, 44	
July 20	45, 46, 47	
July 21	48, 49, 50	
July 22	51, 52, 53	
July 23	54, 55, 56	
July 24	57, 58, 59	
July 25	60, 61, 62	
July 26	63, 64, 65	
July 27	66, 67, 68	
July 28	69, 70	
July 29	71, 72	
July 30	73, 74, 75	

Summer in the Psalms Reading Schedule

Date	Psalms(s)	Key word / verse
July 31	76, 77	
August 1	78	
August 2	79, 80	
August 3	81, 82	
August 4	83, 84	
August 5	85, 86	
August 6	87, 88	
August 7	89	
August 8	90	
August 9	91, 92	
August 10	93, 94	
August 11	95, 96	
August 12	97, 98	

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Date	Psalms(s)	Key word / verse
August 13	99, 100	
August 14	101, 102	
August 15	103, 104	
August 16	105, 106	
August 17	107, 108	
August 18	109, 110	
August 19	111, 112	
August 20	113, 114	
August 21	115, 116	
August 22	117, 118	
August 23	119:1-64	
August 24	119:65-128	
August 25	119:129-176	

Summer in the Psalms Reading Schedule

Date	Psalms(s)	Key word / verse
August 26	120, 121	
August 27	122, 123	
August 28	124, 125, 126	
August 29	127, 128, 129	
August 30	130, 131, 132	
Sept. 1	133, 134, 135	
Sept. 2	136, 137, 138	
Sept. 3	139, 140, 141	
Sept. 4	142, 143, 144	
Sept. 5	145, 146, 147	
Sept. 6	148, 149, 150	