

31 Days of Wisdom & Praise

Praying the Psalms Daily

“The practice of Christians in praying the Psalms is straightforward: simply pray through the Psalms, psalm by psalm, regularly. John Calvin expressed the consensus of the praying church when he wrote that the Psalms are ‘the design of the Holy Spirit...to deliver to the church a common form of prayer.’ People who belong to liturgical traditions (Roman Catholic, Eastern Orthodox, Lutheran, Episcopal) have prayer books to guide them through a monthly cycle of praying Psalms daily. The rest of us can easily mark the Psalms into thirty or sixty daily sections to guide an orderly monthly or bimonthly praying of the Psalms. That’s it: open our Bibles to the book of Psalms and pray them – sequentially, regularly, faithfully across a lifetime. This is how most Christians for most of the Christian centuries of matured in prayer.

Nothing fancy. Just do it.”

Answering God, by Eugene Peterson

“The entire business of praying with words is to put the words themselves deeply in the heart...I think of it as a kind of kneading of leaven into the dough of the mind. The goal is to make the words, images, ideas, and sentiments of the Psalms part of our own inner world of thought and resolve.”

“Those whose lips constantly move with the syllables of the Psalter, give living expression to the deepest being of the Church...”

Christ in the Psalms, by Patrick Henry Reardon

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