

Praying the Psalms

<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

“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 have matured in prayer. Nothing fancy. Just do it.”

Answering God by Eugene Peterson

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*"The Psalter is the great school of prayer. We learn here, first, what it means to pray: to pray on the basis of the word of God, to pray on the basis of promises. Christian prayer stands on the solid ground of the revealed word and has nothing to do with vague, self-seeking wishes. We pray on the ground of the prayer of the true human being Jesus Christ. That is what the Scripture means when it says that the Holy Spirit prays in us and for us, that Christ prays for us, and that we can rightly pray to God only in the name of Jesus Christ.*

*Second, we learn from the prayer of Psalms what we are supposed to pray. As surely as the scope of the prayer of Psalms extends far beyond the individual’s total experience, so surely the individual prays in faith the whole prayer of Christ, the prayer of the One who was true human being and who alone had the full measure of the experiences of this prayer...*

*Third, the prayer of Psalms teaches us to pray as a community. The body of Christ prays, and as an individual I know that my prayer is only a very small fraction of the whole prayer of the church. I learn to join in the prayer of the body of Christ. That lifts me above my personal concerns and lets me pray selflessly.... The deeper we grow into the Psalter and the more often we ourselves have prayed, the simpler and richer our prayer will become."*

From "I Want to Live These Days with You:  
A Year of Daily Devotions" by Dietrich Bonhoeffer