

A WORKABLE PLAN

Five Psalms a Day

Blessed is the man who trusts in the LORD And whose trust is the LORD. For he will be like a tree planted by the water, That extends its roots by a stream And will not fear when the heat comes; But its leaves will be green, And it will not be anxious in a year of drought Nor cease to yield fruit.

JEREMIAH 17: 7-8

The tree had a secret, its secret was that it spread out its roots by the river. The roots of the tree, especially the taproot, maintained contact with the life-giving moisture that the river supplied.

This passage is the Old Testament picture of the New Testament truth of John 15: 5. The Old Testament tree, with its taproot drawing nourishment from the river, is a picture of a Christian, the taproot of whose spirit and soul is in contact with Jesus Christ, who is therefore sharing His life and bearing His fruit.

A fruit-bearing Christian is like a fruit-bearing tree in that the soul's roots are in contact with Christ, sharing His life and drawing needed nourishment from Him. Jesus said, *"It is the person who shares my life and whose life I share who proves fruitful."* (John 15: 5)

The book of Psalms gives us the key to understanding how we share God's spiritual life. In many of the psalms we listen in on the words and conversation of a person fellowshiping with and worshipping God. In a way it's like eavesdropping. We hear people in great joy and great pain and everything in between. The Psalms have long been the prayer book of God's people. God by His spirit longs to communicate with us. He longs to reveal His heart to us while encouraging our's. The Bible is referred to as bread, meat, milk, and honey. What these foods do for us physically, the Word of God does for us spiritually as we read it for ourselves.

The Bible is a big book and can be intimidating when you sit down and wonder where to begin. Remember our object in this devotional time is not "information" but "connection." Many folks turn to the Psalms in their morning devotional time as a way to connect with the Lord. There are 150 Psalms and we can read five Psalms every day.

Begin reading slowly. We are looking for nourishment, we are not reading for information as in reading a textbook. We begin reading a Psalm until some verse or verses stand out to us. The Word is our food, praying it is how we eat the food.

It will be extremely beneficial if you make note of the verse on your phone or on a notecard and keep it handy throughout your day. Perhaps during something like your break for lunch or before bedtime, preferably both, you can retrieve it, and quietly read it telling the Lord what it means to you at that moment.



An example may be taken from Psalm 46. You start reading the psalm, and you see this statement: *“God is our refuge and strength, a very present help in trouble”* (verse 1). Immediately you respond with, *“Isn’t that great! Thank you Lord today I am going to believe this. Today I am looking for You to hide me from all my worries and fears. Today I am looking to You to be my strength for whatever I encounter. Today I am going to appropriate Your help, Your safety, and Your strength throughout my day. Lord today I am looking to You for Your presence and Your companionship.”* Close the Bible. You do not have to read on. You are reading until you are stopped by the spirit who knows you and knows what is on your heart. You read the 5 Psalms until you discern His nudge. Spending more time praying (eating) than reading is preferable.

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As we meditate and pray the Word of God, the life of Jesus Christ flows out of Him, through the Word, and becomes a part of our spiritual bloodstream.

How do I proceed? I start by going to the Psalm that marks today’s date. I start with that Psalm and then add 30 to that number. As we said, there are 150 Psalms, that will mean 5 a day. My reading on the 8th would be Psalms 8, 38, 68, 98, and 128 (every thirty); on the ninth of the month it would be Psalms 9, 39, 69, 99, and 129. And so on throughout the month. You don’t have to think about what you are going to read other than seeing today’s date.

- 1. Begin with a Prayer: “Lord I turn my heart to You, may I touch You now as I seek You in Your Word.”**
- 2. As you note today’s date, add 30, continuing to do that until you have 5 Psalms.**
- 3. Begin to read slowly until you feel the nudge of the spirit and a verse or two “jump” out at you.**
- 4. Receive that verse as His Word (food) to you for this day.**
- 5. Eat the Word by praying it back to Him.**
- 6. Make a note of the verse so that you may refer to it a few times during your day.**



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