Read & Reflect: The Book of Psalms – a 2-month reading plan

The Book of Psalms is the hymnal of the Bible, and reflects many aspects of the religious experience of Israel. Its spiritual depth and beauty make it a treasury of strength and consolation for both public and private devotion. Many of the Psalms may be read as prayers, and can be prayed as your own. This cyclical schedule allows for the reading of the Psalms to become a daily part of your devotional life, even beyond this summer. Blessed reading!

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| JULY (and all odd numbered months) |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|  | 1Psalms 1-4 | 2Psalms 5-7 | 3Psalms 8-9 | 4Psalms 10-14 | 5Psalms 15-17 | 6Psalm 18 |
| 7Psalm 19-21 | 8Psalm 22-24 | 9Psalm 25-27 | 10Psalm 28-30 | 11Psalm 31-32 | 12Psalm 33-34 | 13Psalm 35-36 |
| 14Psalm 37-38 | 15Psalm 39-41 | 16Psalm 42-44 | 17Psalm 45-46 | 18Psalm 47-49 | 19Psalm 50-51 | 20Psalm 52-55 |
| 21Psalm 56-58 | 22Psalm 59-61 | 23Psalm 62-64 | 24Psalm 65-67 | 25Psalm 68 | 26Psalm 69-70 | 27Psalm 71-72 |
| 28Psalm 73-74 | 29Psalm 75-77 | 30Psalm 78:1-39 | 31 |  |  |  |

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| AUGUST (and all even numbered months) |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|  |  |  |  | 1Psalm 78: 40-72; Ps. 79 | 2Psalm 80-82 | 3Psalm 83-85 |
| 4Psalm 86-88 | 5Psalm 89 | 6Psalm 90-91 | 7Psalm 92-94 | 8Psalm 95-97 | 9Psalm 98-101 | 10Psalm 102-103 |
| 11Psalm 104 | 12Psalm 105 | 13Psalm 106 | 14Psalm 107 | 15Psalm 108-109 | 16Psalm 110-113 | 17Psalm 114-116 |
| 18Psalm 117-118 | 19Psalm 119:1-56 | 20Psalm 119:57-96 | 21Psalm 119:97-136 | 22Psalm 119:137-176 | 23Psalm 120-125 | 24Psalm 126-131  |
| 25Psalm 132-135 | 26Psalm 136-138 | 27Psalm 139-140 | 28Psalm 141-144 | 29Psalm 145-147 | 30Psalm 148-150 | 31 |

There are several different types of Psalms: ***Hymns*** (acts of praise, including those celebrating the Lord’s Kingship and expressing devotion to the Holy City of Zion); ***Laments*** (seeking deliverance from disease or trouble, individually and corporately); ***Songs of Trust*** (expressing confidence in God); ***Thanksgivings*** (expressing gratitude for deliverance); ***Sacred History*** (retelling and praising the acts of God); ***Royal Psalms*** (for ceremonies); ***Wisdom Psalms*** (meditations on the ways of God); and ***Liturgies*** (composed for recurring rites). You will also notice several psalms that prophetically envision the Messiah. In fact, the Psalms are the most quoted book of the Bible by Jesus. Reading the Psalms devotionally can help you express your troubles and fears and your hopes and aspirations to God, as well as learn to praise God as part of your prayer life.