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

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