



How to Pray the Psalms

“Give ear to my words, O LORD
... Listen to my cry ... my King and my God,
for to You I pray.”

Psalm 5:1-2

Read them again and again

Rewrite them

Reflect on the images

Use their poetic structure as a model

Identify with the emotions

Identify with the story

Personalize them

Sing them



The Psalms Day by Day

A 150 day prayer guide through the book of Psalms.

January - August 2010

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
January 2010				
	<input type="checkbox"/> Jan 5 Psalm 1	<input type="checkbox"/> Jan 6 Psalm 2	<input type="checkbox"/> Jan 7 Psalm 3	<input type="checkbox"/> Jan 8 Psalm 4
<input type="checkbox"/> Jan 11 Psalm 5	<input type="checkbox"/> Jan 12 Psalm 6	<input type="checkbox"/> Jan 13 Psalm 7	<input type="checkbox"/> Jan 14 Psalm 8	<input type="checkbox"/> Jan 15 Psalm 9
<input type="checkbox"/> Jan 18 Psalm 10	<input type="checkbox"/> Jan 19 Psalm 11	<input type="checkbox"/> Jan 20 Psalm 12	<input type="checkbox"/> Jan 21 Psalm 13	<input type="checkbox"/> Jan 22 Psalm 14
<input type="checkbox"/> Jan 25 Psalm 15	<input type="checkbox"/> Jan 26 Psalm 16	<input type="checkbox"/> Jan 27 Psalm 17	<input type="checkbox"/> Jan 28 Psalm 18	<input type="checkbox"/> Jan 29 Psalm 19
February 2010				
<input type="checkbox"/> Feb 1 Psalm 20	<input type="checkbox"/> Feb 2 Psalm 21	<input type="checkbox"/> Feb 3 Psalm 22	<input type="checkbox"/> Feb 4 Psalm 23	<input type="checkbox"/> Feb 5 Psalm 24
<input type="checkbox"/> Feb 8 Psalm 25	<input type="checkbox"/> Feb 9 Psalm 26	<input type="checkbox"/> Feb 10 Psalm 27	<input type="checkbox"/> Feb 11 Psalm 28	<input type="checkbox"/> Feb 12 Psalm 29
<input type="checkbox"/> Feb 15 Psalm 30	<input type="checkbox"/> Feb 16 Psalm 31	<input type="checkbox"/> Feb 17 Psalm 32	<input type="checkbox"/> Feb 18 Psalm 33	<input type="checkbox"/> Feb 19 Psalm 34
<input type="checkbox"/> Feb 22 Psalm 35	<input type="checkbox"/> Feb 23 Psalm 36	<input type="checkbox"/> Feb 24 Psalm 37	<input type="checkbox"/> Feb 25 Psalm 38	<input type="checkbox"/> Feb 26 Psalm 39
March 2010				
<input type="checkbox"/> March 1 Psalm 40	<input type="checkbox"/> March 2 Psalm 41	<input type="checkbox"/> March 3 Psalm 42	<input type="checkbox"/> March 4 Psalm 43	<input type="checkbox"/> March 5 Psalm 44
<input type="checkbox"/> March 8 Psalm 45	<input type="checkbox"/> March 9 Psalm 46	<input type="checkbox"/> March 10 Psalm 47	<input type="checkbox"/> March 11 Psalm 48	<input type="checkbox"/> March 12 Psalm 49
<input type="checkbox"/> March 15 Psalm 50	<input type="checkbox"/> March 16 Psalm 51	<input type="checkbox"/> March 17 Psalm 52	<input type="checkbox"/> March 18 Psalm 53	<input type="checkbox"/> March 19 Psalm 54

March 2010				
<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<input type="checkbox"/> March 22 Psalm 55	<input type="checkbox"/> March 23 Psalm 56	<input type="checkbox"/> March 24 Psalm 57	<input type="checkbox"/> March 25 Psalm 58	<input type="checkbox"/> March 26 Psalm 59
<input type="checkbox"/> March 29 Psalm 60	<input type="checkbox"/> March 30 Psalm 61	<input type="checkbox"/> March 31 Psalm 62		
April 2010				
			<input type="checkbox"/> April 1 Psalm 63	<input type="checkbox"/> April 2 Psalm 64
<input type="checkbox"/> April 5 Psalm 65	<input type="checkbox"/> April 6 Psalm 66	<input type="checkbox"/> April 7 Psalm 67	<input type="checkbox"/> April 8 Psalm 68	<input type="checkbox"/> April 9 Psalm 69
<input type="checkbox"/> April 12 Psalm 70	<input type="checkbox"/> April 13 Psalm 71	<input type="checkbox"/> April 14 Psalm 72	<input type="checkbox"/> April 15 Psalm 73	<input type="checkbox"/> April 16 Psalm 74
<input type="checkbox"/> April 19 Psalm 75	<input type="checkbox"/> April 20 Psalm 76	<input type="checkbox"/> April 21 Psalm 77	<input type="checkbox"/> April 22 Psalm 78	<input type="checkbox"/> April 23 Psalm 79
<input type="checkbox"/> April 26 Psalm 80	<input type="checkbox"/> April 27 Psalm 81	<input type="checkbox"/> April 28 Psalm 82	<input type="checkbox"/> April 29 Psalm 83	<input type="checkbox"/> April 30 Psalm 84
May 2010				
<input type="checkbox"/> May 3 Psalm 85	<input type="checkbox"/> May 4 Psalm 86	<input type="checkbox"/> May 5 Psalm 87	<input type="checkbox"/> May 6 Psalm 88	<input type="checkbox"/> May 7 Psalm 89
<input type="checkbox"/> May 10 Psalm 90	<input type="checkbox"/> May 11 Psalm 91	<input type="checkbox"/> May 12 Psalm 92	<input type="checkbox"/> May 13 Psalm 93	<input type="checkbox"/> May 14 Psalm 94
<input type="checkbox"/> May 17 Psalm 95	<input type="checkbox"/> May 18 Psalm 96	<input type="checkbox"/> May 19 Psalm 97	<input type="checkbox"/> May 20 Psalm 98	<input type="checkbox"/> May 21 Psalm 99
<input type="checkbox"/> May 24 Psalm 100	<input type="checkbox"/> May 25 Psalm 101	<input type="checkbox"/> May 26 Psalm 102	<input type="checkbox"/> May 27 Psalm 103	<input type="checkbox"/> May 28 Psalm 104
<input type="checkbox"/> May 31 Psalm 105				

June 2010				
<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	<input type="checkbox"/> June 1 Psalm 106	<input type="checkbox"/> June 2 Psalm 107	<input type="checkbox"/> June 3 Psalm 108	<input type="checkbox"/> June 4 Psalm 109
<input type="checkbox"/> June 7 Psalm 110	<input type="checkbox"/> June 8 Psalm 111	<input type="checkbox"/> June 9 Psalm 112	<input type="checkbox"/> June 10 Psalm 113	<input type="checkbox"/> June 11 Psalm 114
<input type="checkbox"/> June 14 Psalm 115	<input type="checkbox"/> June 15 Psalm 116	<input type="checkbox"/> June 16 Psalm 117	<input type="checkbox"/> June 17 Psalm 118	<input type="checkbox"/> June 18 Psalm 119
<input type="checkbox"/> June 21 Psalm 120	<input type="checkbox"/> June 22 Psalm 121	<input type="checkbox"/> June 23 Psalm 122	<input type="checkbox"/> June 24 Psalm 123	<input type="checkbox"/> June 25 Psalm 124
<input type="checkbox"/> June 28 Psalm 125	<input type="checkbox"/> June 29 Psalm 126	<input type="checkbox"/> June 30 Psalm 127		
July 2010				
			<input type="checkbox"/> July 1 Psalm 128	<input type="checkbox"/> July 2 Psalm 129
<input type="checkbox"/> July 5 Psalm 130	<input type="checkbox"/> July 6 Psalm 131	<input type="checkbox"/> July 7 Psalm 132	<input type="checkbox"/> July 8 Psalm 133	<input type="checkbox"/> July 9 Psalm 134
<input type="checkbox"/> July 12 Psalm 135	<input type="checkbox"/> July 13 Psalm 136	<input type="checkbox"/> July 14 Psalm 137	<input type="checkbox"/> July 15 Psalm 138	<input type="checkbox"/> July 16 Psalm 139
<input type="checkbox"/> July 19 Psalm 140	<input type="checkbox"/> July 20 Psalm 141	<input type="checkbox"/> July 21 Psalm 142	<input type="checkbox"/> July 22 Psalm 143	<input type="checkbox"/> July 23 Psalm 144
<input type="checkbox"/> July 26 Psalm 145	<input type="checkbox"/> July 27 Psalm 146	<input type="checkbox"/> July 28 Psalm 147	<input type="checkbox"/> July 29 Psalm 148	<input type="checkbox"/> July 30 Psalm 149
August 2010				
<input type="checkbox"/> Aug 2 Psalm 150				