



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.

September 2011 - April 2012

Monday	Tuesday	Wednesday	Thursday	Friday
September 2011				
	<input type="checkbox"/> Sept 27 Psalm 1	<input type="checkbox"/> Sept 28 Psalm 2	<input type="checkbox"/> Sept 29 Psalm 3	<input type="checkbox"/> Sept 30 Psalm 4
October 2011				
<input type="checkbox"/> Oct 3 Psalm 5	<input type="checkbox"/> Oct 4 Psalm 6	<input type="checkbox"/> Oct 5 Psalm 7	<input type="checkbox"/> Oct 6 Psalm 8	<input type="checkbox"/> Oct 7 Psalm 9
<input type="checkbox"/> Oct 10 Psalm 10	<input type="checkbox"/> Oct 11 Psalm 11	<input type="checkbox"/> Oct 12 Psalm 12	<input type="checkbox"/> Oct 13 Psalm 13	<input type="checkbox"/> Oct 14 Psalm 14
<input type="checkbox"/> Oct 17 Psalm 15	<input type="checkbox"/> Oct 18 Psalm 16	<input type="checkbox"/> Oct 19 Psalm 17	<input type="checkbox"/> Oct 20 Psalm 18	<input type="checkbox"/> Oct 21 Psalm 19
<input type="checkbox"/> Oct 31 Psalm 20				
November 2011				
	<input type="checkbox"/> Nov 1 Psalm 21	<input type="checkbox"/> Nov 2 Psalm 22	<input type="checkbox"/> Nov 3 Psalm 23	<input type="checkbox"/> Nov 4 Psalm 24
<input type="checkbox"/> Nov 7 Psalm 25	<input type="checkbox"/> Nov 8 Psalm 26	<input type="checkbox"/> Nov 9 Psalm 27	<input type="checkbox"/> Nov 10 Psalm 28	<input type="checkbox"/> Nov 11 Psalm 29
<input type="checkbox"/> Nov 14 Psalm 30	<input type="checkbox"/> Nov 15 Psalm 31	<input type="checkbox"/> Nov 16 Psalm 32	<input type="checkbox"/> Nov 17 Psalm 33	<input type="checkbox"/> Nov 18 Psalm 34
<input type="checkbox"/> Nov 21 Psalm 35	<input type="checkbox"/> Nov 22 Psalm 36	<input type="checkbox"/> Nov 23 Psalm 37	<input type="checkbox"/> Nov 24 Psalm 38	<input type="checkbox"/> Nov 25 Psalm 39
<input type="checkbox"/> Nov 28 Psalm 40	<input type="checkbox"/> Nov 29 Psalm 41	<input type="checkbox"/> Nov 30 Psalm 42		

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
December 2011				
			<input type="checkbox"/> Dec 1 Psalm 43	<input type="checkbox"/> Dec 2 Psalm 44
<input type="checkbox"/> Dec 5 Psalm 45	<input type="checkbox"/> Dec 6 Psalm 46	<input type="checkbox"/> Dec 7 Psalm 47	<input type="checkbox"/> Dec 8 Psalm 48	<input type="checkbox"/> Dec 9 Psalm 49
<input type="checkbox"/> Dec 12 Psalm 50	<input type="checkbox"/> Dec 13 Psalm 51	<input type="checkbox"/> Dec 14 Psalm 52	<input type="checkbox"/> Dec 15 Psalm 53	<input type="checkbox"/> Dec 16 Psalm 54
<input type="checkbox"/> Dec 19 Psalm 55	<input type="checkbox"/> Dec 20 Psalm 56	<input type="checkbox"/> Dec 21 Psalm 57	<input type="checkbox"/> Dec 22 Psalm 58	<input type="checkbox"/> Dec 23 Psalm 59
<input type="checkbox"/> Dec 26 Psalm 60	<input type="checkbox"/> Dec 27 Psalm 61	<input type="checkbox"/> Dec 28 Psalm 62	<input type="checkbox"/> Dec 29 Psalm 63	<input type="checkbox"/> Dec 30 Psalm 64
January 2012				
<input type="checkbox"/> Jan 2 Psalm 65	<input type="checkbox"/> Jan 3 Psalm 66	<input type="checkbox"/> Jan 4 Psalm 67	<input type="checkbox"/> Jan 5 Psalm 68	<input type="checkbox"/> Jan 6 Psalm 69
<input type="checkbox"/> Jan 9 Psalm 70	<input type="checkbox"/> Jan 10 Psalm 71	<input type="checkbox"/> Jan 11 Psalm 72	<input type="checkbox"/> Jan 12 Psalm 73	<input type="checkbox"/> Jan 13 Psalm 74
<input type="checkbox"/> Jan 16 Psalm 75	<input type="checkbox"/> Jan 17 Psalm 76	<input type="checkbox"/> Jan 18 Psalm 77	<input type="checkbox"/> Jan 19 Psalm 78	<input type="checkbox"/> Jan 20 Psalm 79
<input type="checkbox"/> Jan 23 Psalm 80	<input type="checkbox"/> Jan 24 Psalm 81	<input type="checkbox"/> Jan 25 Psalm 82	<input type="checkbox"/> Jan 26 Psalm 83	<input type="checkbox"/> Jan 27 Psalm 84
<input type="checkbox"/> Jan 30 Psalm 85	<input type="checkbox"/> Jan 31 Psalm 86			
February 2012				
		<input type="checkbox"/> Feb 1 Psalm 87	<input type="checkbox"/> Feb 2 Psalm 88	<input type="checkbox"/> Feb 3 Psalm 89
<input type="checkbox"/> Feb 6 Psalm 90	<input type="checkbox"/> Feb 7 Psalm 91	<input type="checkbox"/> Feb 8 Psalm 92	<input type="checkbox"/> Feb 9 Psalm 93	<input type="checkbox"/> Feb 10 Psalm 94
<input type="checkbox"/> Feb 13 Psalm 95	<input type="checkbox"/> Feb 14 Psalm 96	<input type="checkbox"/> Feb 15 Psalm 97	<input type="checkbox"/> Feb 16 Psalm 98	<input type="checkbox"/> Feb 17 Psalm 99
<input type="checkbox"/> Feb 20 Psalm 100	<input type="checkbox"/> Feb 21 Psalm 101	<input type="checkbox"/> Feb 22 Psalm 102	<input type="checkbox"/> Feb 23 Psalm 103	<input type="checkbox"/> Feb 24 Psalm 104
<input type="checkbox"/> Feb 27 Psalm 105	<input type="checkbox"/> Feb 28 Psalm 106	<input type="checkbox"/> Feb 29 Psalm 107		

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
March 2012				
			<input type="checkbox"/> Mar 1 Psalm 108	<input type="checkbox"/> Mar 2 Psalm 109
<input type="checkbox"/> Mar 5 Psalm 110	<input type="checkbox"/> Mar 6 Psalm 111	<input type="checkbox"/> Mar 7 Psalm 112	<input type="checkbox"/> Mar 8 Psalm 113	<input type="checkbox"/> Mar 9 Psalm 114
<input type="checkbox"/> Mar 12 Psalm 115	<input type="checkbox"/> Mar 13 Psalm 116	<input type="checkbox"/> Mar 14 Psalm 117	<input type="checkbox"/> Mar 15 Psalm 118	<input type="checkbox"/> Mar 16 Psalm 119
<input type="checkbox"/> Mar 19 Psalm 120	<input type="checkbox"/> Mar 20 Psalm 121	<input type="checkbox"/> Mar 21 Psalm 122	<input type="checkbox"/> Mar 22 Psalm 123	<input type="checkbox"/> Mar 23 Psalm 124
<input type="checkbox"/> Mar 26 Psalm 125	<input type="checkbox"/> Mar 27 Psalm 126	<input type="checkbox"/> Mar 28 Psalm 127	<input type="checkbox"/> Mar 29 Psalm 128	<input type="checkbox"/> Mar 30 Psalm 129
April 2012				
<input type="checkbox"/> Apr 2 Psalm 130	<input type="checkbox"/> Apr 3 Psalm 131	<input type="checkbox"/> Apr 4 Psalm 132	<input type="checkbox"/> Apr 5 Psalm 133	<input type="checkbox"/> Apr 6 Psalm 134
<input type="checkbox"/> Apr 9 Psalm 135	<input type="checkbox"/> Apr 10 Psalm 136	<input type="checkbox"/> Apr 11 Psalm 137	<input type="checkbox"/> Apr 12 Psalm 138	<input type="checkbox"/> Apr 13 Psalm 139
<input type="checkbox"/> Apr 16 Psalm 140	<input type="checkbox"/> Apr 17 Psalm 141	<input type="checkbox"/> Apr 18 Psalm 142	<input type="checkbox"/> Apr 19 Psalm 143	<input type="checkbox"/> Apr 20 Psalm 144
<input type="checkbox"/> Apr 23 Psalm 145	<input type="checkbox"/> Apr 24 Psalm 146	<input type="checkbox"/> Apr 25 Psalm 147	<input type="checkbox"/> Apr 26 Psalm 148	<input type="checkbox"/> Apr 27 Psalm 149
<input type="checkbox"/> Apr 30 Psalm 150				