

DAY	☑	MORNING	EVENING
1		* Psalm 1	Psalm 2
2		Psalm 3	Psalm 4
3		Psalm 5	Psalm 6
4		Psalm 7	Psalm 8
5		Psalm 9:1-10	Psalm 9:11-20
6		Psalm 10:1-11	Psalm 10:12-18
7		Psalm 11	Psalm 12
8		Psalm 13	Psalm 14
9		Psalm 15	Psalm 16
10		Psalm 17	Psalm 18:1-19
11		Psalm 18:20-42	Psalm 18:43-50
12		Psalm 19	Psalm 20
13		Psalm 21	Psalm 22
14		Psalm 23	Psalm 24
15		Psalm 25:1-10	Psalm 25:11-22
16		Psalm 26	Psalm 27:1-6
17		Psalm 27:7-14	Psalm 28
18		Psalm 29	Psalm 30
19		Psalm 31:1-13	Psalm 31:14-24
20		Psalm 32	Psalm 33:1-9
21		Psalm 33:10-22	Psalm 34:1-10
22		Psalm 34:11-22	Psalm 35:1-14
23		Psalm 35:15-28	Psalm 36
24		Psalm 37:1-19	Psalm 37:20-40
25		Psalm 38:1-11	Psalm 38:12-22
26		Psalm 39	Psalm 40
27		Psalm 41	* Psalm 42
28		Psalm 43	Psalm 44:1-16
29		Psalm 44:17-26	Psalm 45
30		Psalm 46	Psalm 47

DAY	☑	MORNING	EVENING
31		Psalm 48	Psalm 49
32		Psalm 50	Psalm 51
33		Psalm 52	Psalm 53
34		Psalm 54	Psalm 55
35		Psalm 56	Psalm 57
36		Psalm 58	Psalm 59
37		Psalm 60	Psalm 61
38		Psalm 62	Psalm 63
39		Psalm 64	Psalm 65
40		Psalm 66	Psalm 67
41		Psalm 68:1-14	Psalm 68:15-35
42		Psalm 69:1-15	Psalm 69:16-36
43		Psalm 70	Psalm 71
44		Psalm 72	* Psalm 73
45		Psalm 74	Psalm 75
46		Psalm 76	Psalm 77:1-10
47		Psalm 77:11-20	Psalm 78:1-20
48		Psalm 78:21-55	Psalm 78:56-72
49		Psalm 79	Psalm 80
50		Psalm 81	Psalm 82
51		Psalm 83	Psalm 84
52		Psalm 85	Psalm 86
53		Psalm 87	Psalm 88
54		Psalm 89:1-18	Psalm 89:19-52
55		* Psalm 90	Psalm 91
56		Psalm 92	Psalm 93
57		Psalm 94	Psalm 95
58		Psalm 96	Psalm 97
59		Psalm 98	Psalm 99
60		Psalm 100	Psalm 101

DAY	☑	MORNING	EVENING
61		Psalm 102	Psalm 103
62		Psalm 104	Psalm 105:1-22
63		Psalm 105:23-45	Psalm 106:1-23
64		Psalm 106:24-48	* Psalm 107
65		Psalm 108	Psalm 109
66		Psalm 110	Psalm 111
67		Psalm 112	Psalm 113
68		Psalm 114	Psalm 115
69		Psalm 116	Psalm 117
70		Psalm 118	Psalm 119:1-16
71		Psalm 119:17-32	Psalm 119:33-48
72		Psalm 119:49-64	Psalm 119:65-80
73		Psalm 119:81-96	Ps. 119:97-112
74		Ps. 119:113-128	Ps. 119:129-152
75		Ps. 119:153-176	Psalm 120
76		Psalm 121	Psalm 122
77		Psalm 123	Psalm 124
78		Psalm 125	Psalm 126
79		Psalm 127	Psalm 128
80		Psalm 129	Psalm 130
81		Psalm 131	Psalm 132
82		Psalm 133	Psalm 134
83		Psalm 135	Psalm 136
84		Psalm 137	Psalm 138
85		Psalm 139	Psalm 140
86		Psalm 141	Psalm 142
87		Psalm 143	Psalm 144
88		Psalm 145	Psalm 146
89		Psalm 147	Psalm 148
90		Psalm 149	Psalm 150

# Psalms

## READING PLAN

This plan is intended to help you learn the language of prayer. The Psalms are the only portion of Scripture written directly to God which makes them the perfect place for learning how to pray.

The plan provides a psalm for your morning time of prayer and an evening time of prayer. After you go all the way through, you simply start over which will lead you to read through the Psalms four times throughout the year.

### PRAYING THE PSALMS

To pray the psalm each morning and evening, take time to read through the psalm 2-3 times and try to understand its original significance and how it is still relevant today and to you personally. Then simply use some of the key verses in the psalm and pray — using these verses to say anything that comes to mind.

### VIDEOS \*

There are also five times throughout the plan where it is suggested by an asterisk (\*) that you watch the video on Psalms created by the team at *The Bible Project*.

