



# Purpose

This guide is a simple way to read, pray, and reflect through the Psalms during our summer series. The goal is not to complete homework. The goal is to slow down, listen to Scripture, bring your real life before God, and learn to see Jesus in the prayers, songs, cries, and praises of the Psalms





## Read

Read the Psalm slowly. Read it out loud if you can. Notice a word, phrase, image, or emotion that stands out.

## Reflect

Ask: What does this Psalm show me about God? Where does it connect with my life right now?

## Pray

Turn part of the Psalm into a prayer. Let the Psalm give you words to speak to God.

## Practice

Carry one simple response into the day. Keep it small, concrete, and doable.

# Seeing Jesus in the Psalms

As you read, ask: Where do I see Jesus in this Psalm? Do not force the connection. Simply ask how this Psalm leads you toward Christ.

- Jesus as the One who prays this Psalm.
- Jesus as the One who fulfills this Psalm.
- Jesus as the clearest picture of the God revealed in this Psalm.
- Jesus as the true King, Shepherd, Sufferer, Refuge, or Righteous One.
- Jesus as the One who helps us live this Psalm.



# Summer Reading Plan

Each week includes five Psalms, a day to reread or catch up, and Sunday worship/reflection. Read slowly. Pray honestly. Look for Jesus along the way.

## Week 1: Learning to Pray the Psalms

June 1-7

Monday: Psalm 1  
Tuesday: Psalm 8  
Wednesday: Psalm 13  
Thursday: Psalm 19  
Friday: Psalm 23  
Saturday: Reread one Psalm from the week  
Sunday: Worship / Reflect

## Week 2: God Our Refuge

June 8-14

Monday: Psalm 16  
Tuesday: Psalm 27  
Wednesday: Psalm 31  
Thursday: Psalm 34  
Friday: Psalm 46  
Saturday: Reread one Psalm from the week  
Sunday: Worship / Reflect

## Week 3: Honest Lament

June 15-21

Monday: Psalm 6  
Tuesday: Psalm 10  
Wednesday: Psalm 22  
Thursday: Psalm 42  
Friday: Psalm 69  
Saturday: Reread one Psalm from the week  
Sunday: Worship / Reflect

## Week 4: Praise and Wonder

June 22-28

Monday: Psalm 24  
Tuesday: Psalm 29  
Wednesday: Psalm 33  
Thursday: Psalm 47  
Friday: Psalm 65  
Saturday: Reread one Psalm from the week  
Sunday: Worship / Reflect

## **Week 5: Confession and Mercy**

**June 29–July 5**

Monday: Psalm 32

Tuesday: Psalm 38

Wednesday: Psalm 51

Thursday: Psalm 86

Friday: Psalm 130

Saturday: Reread one Psalm from the week

Sunday: Worship / Reflect

## **Week 6: Trusting God in the Waiting**

**July 6–12**

Monday: Psalm 37

Tuesday: Psalm 40

Wednesday: Psalm 56

Thursday: Psalm 62

Friday: Psalm 63

Saturday: Reread one Psalm from the week

Sunday: Worship / Reflect

## **Week 7: The King and the Kingdom**

**July 13–19**

Monday: Psalm 2

Tuesday: Psalm 72

Wednesday: Psalm 89

Thursday: Psalm 110

Friday: Psalm 145

Saturday: Reread one Psalm from the week

Sunday: Worship / Reflect

## **Week 8: Thanksgiving and Testimony**

**July 20–26**

Monday: Psalm 30

Tuesday: Psalm 66

Wednesday: Psalm 92

Thursday: Psalm 103

Friday: Psalm 107

Saturday: Reread one Psalm from the week

Sunday: Worship / Reflect

## Week 9: Walking with God

July 27–August 2

Monday: Psalm 15

Tuesday: Psalm 25

Wednesday: Psalm 73

Thursday: Psalm 84

Friday: Psalm 90

Saturday: Reread one Psalm from the week

Sunday: Worship / Reflect

## Week 10: Songs for the Journey

August 3–9

Monday: Psalm 120

Tuesday: Psalm 121

Wednesday: Psalm 122

Thursday: Psalm 126

Friday: Psalm 133

Saturday: Reread one Psalm from the week

Sunday: Worship / Reflect

## Week 11: God's Word and Formation

August 10–16

Monday: Psalm 19

Tuesday: Psalm 119:1–16

Wednesday: Psalm 119:17–32

Thursday: Psalm 119:33–48

Friday: Psalm 119:105–112

Saturday: Reread one portion from the week

Sunday: Worship / Reflect

## Week 12: Hope and Restoration

August 17–23

Monday: Psalm 96

Tuesday: Psalm 98

Wednesday: Psalm 102

Thursday: Psalm 126

Friday: Psalm 146

Saturday: Reread one Psalm from the week

Sunday: Worship / Reflect

## Week 13: Let Everything Praise the Lord

August 24-30

Monday: Psalm 138

Tuesday: Psalm 139

Wednesday: Psalm 143

Thursday: Psalm 147

Friday: Psalm 148

Saturday: Psalm 150

Sunday: Worship / Reflect

## Final Day

Monday, August 31

Psalm 150 again.

End by praying:

"Lord, let everything in me praise You."

Thank you!

# Reflection Tool

Psalm for Today: Psalm \_\_\_\_\_

---

Read: What word, phrase, image, or emotion stands out?

---

---

---

Reflect: What does this Psalm show me about God? Where does it connect with my life?

---

---

---

Pray: What prayer does this Psalm help me pray?

---

---

---

See Jesus: Where do I see Jesus in this Psalm?

---

---

---

Practice: One simple way I can carry this Psalm into today is...

---

---

---