



RESTORING YOUR  
SOUL THROUGH  
PSALMS

WEEK PSALM

Aug. 10-14 Psalm 23

Aug. 17-21 Psalm 20

Aug. 24-28 Psalm 34

Aug. 31-Sept. 4 Psalm 28

Sept. 7-11 Psalm 22: 1-21

Sept. 14-18 Psalm 22: 22-31

Sept. 21-25 Psalm 24

Sept. 28-Oct 2 Psalm 25: 1-7

Oct. 5-9 Psalm 25 : 8-22

Oct. 12-16 Psalm 27: 1-6

Oct. 19-23 Psalm 27: 7-14

Oct. 26-30 Psalm 29

Nov. 2-6 Psalm 30

Nov. 9-13 Psalm 31

Nov. 16-20 Psalm 32

## **PRAYING THE PSALM OF THE WEEK FIVE DIFFERENT WAYS!**

### **Monday: As a Personal Prayer**

Read the psalm to get a sense of it. Read again, listening for phrases that grab you, then ponder those. Pray the psalm aloud a third time, as a prayer of your life.

### **Tuesday: As a Prayer of Jesus**

Read the psalm once. Read the psalm aloud, imagining that Jesus is praying it. Say "My Father" whenever you see LORD or God. Ponder at what stage in his life this psalm might have fit Jesus. Pray the psalm a third time joined to Jesus' prayers.

### **Wednesday: For Someone You Love**

Hold someone you love in mind as you read the psalm aloud. Consider how its words relate to their life. Pray it aloud again as if your loved one were praying it.

### **Thursday: As Part of Community**

Follow the same pattern, only today pray the psalm imagining that you are surrounded by fellow Christians in a great worship service. Imagine as you pray it aloud twice that everyone is vocalizing it together.

### **Friday: For Someone Who Is Difficult or Hostile**

Follow the same pattern, only today pray the psalm imagining someone you struggle to love: even, especially, if it seems unlikely this person would ever pray a psalm!

