

**DAY 1**

Psalm 1  
Psalm 31  
Psalm 61  
Psalm 91  
Psalm 121

**DAY 2**

Psalm 2  
Psalm 32  
Psalm 62  
Psalm 92  
Psalm 122

**DAY 3**

Psalm 3  
Psalm 33  
Psalm 63  
Psalm 93  
Psalm 123

**DAY 4**

Psalm 4  
Psalm 34  
Psalm 64  
Psalm 94  
Psalm 124

**DAY 5**

Psalm 5  
Psalm 35  
Psalm 65  
Psalm 95  
Psalm 125

**DAY 6**

Psalm 6  
Psalm 36  
Psalm 66  
Psalm 96  
Psalm 126

**DAY 7**

Psalm 7  
Psalm 37  
Psalm 67  
Psalm 97  
Psalm 127

**DAY 8**

Psalm 8  
Psalm 38  
Psalm 68  
Psalm 98  
Psalm 128

**DAY 9**

Psalm 9  
Psalm 39  
Psalm 69  
Psalm 99  
Psalm 129

**DAY 10**

Psalm 10  
Psalm 40  
Psalm 70  
Psalm 100  
Psalm 130

**DAY 11**

Psalm 11  
Psalm 41  
Psalm 71  
Psalm 101  
Psalm 131

**DAY 12**

Psalm 12  
Psalm 42  
Psalm 72  
Psalm 102  
Psalm 132

**DAY 13**

Psalm 13  
Psalm 43  
Psalm 73  
Psalm 103  
Psalm 133

**DAY 14**

Psalm 14  
Psalm 44  
Psalm 74  
Psalm 104  
Psalm 134

# PSALMS OF THE DAY

**DAY 15**

Psalm 15  
Psalm 45  
Psalm 75  
Psalm 105  
Psalm 135

**DAY 16**

Psalm 16  
Psalm 46  
Psalm 76  
Psalm 106  
Psalm 136

**DAY 17**

Psalm 17  
Psalm 47  
Psalm 77  
Psalm 107  
Psalm 137

**DAY 18**

Psalm 18  
Psalm 48  
Psalm 78  
Psalm 108  
Psalm 138

**DAY 19**

Psalm 19  
Psalm 49  
Psalm 79  
Psalm 109  
Psalm 139

**DAY 20**

Psalm 20  
Psalm 50  
Psalm 80  
Psalm 110  
Psalm 140

**DAY 21**

Psalm 21  
Psalm 51  
Psalm 81  
Psalm 111  
Psalm 141

**DAY 22**

Psalm 22  
Psalm 52  
Psalm 82  
Psalm 112  
Psalm 142

**DAY 23**

Psalm 23  
Psalm 53  
Psalm 83  
Psalm 113  
Psalm 143

**DAY 24**

Psalm 24  
Psalm 54  
Psalm 84  
Psalm 114  
Psalm 144

**DAY 25**

Psalm 25  
Psalm 55  
Psalm 85  
Psalm 115  
Psalm 145

**DAY 26**

Psalm 26  
Psalm 56  
Psalm 86  
Psalm 116  
Psalm 146

**DAY 27**

Psalm 27  
Psalm 57  
Psalm 87  
Psalm 117  
Psalm 147

**DAY 28**

Psalm 28  
Psalm 58  
Psalm 88  
Psalm 118  
Psalm 148

**DAY 29**

Psalm 29  
Psalm 59  
Psalm 89  
Psalm 119  
Psalm 149

**DAY 30**

Psalm 30  
Psalm 60  
Psalm 90  
Psalm 120  
Psalm 150

**DAY 31**

Psalm 119

\*Adapted from  
Crossway's Praying  
the Bible by  
Donald Whitney.

## THE PROBLEM

We tend to pray the same old things  
about the same old things.

## THE SOLUTION

When you pray, pray through a  
passage of Scripture.

## THE METHOD

Let the words of Scripture become the words of your prayers.

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The Psalms are the best place in Scripture from which to pray Scripture. This is because of the original purpose and usage of the Psalms. The Psalms were songs inspired by God for the purpose of being reflected in song back to God.

Moreover, there's a Psalm for every sigh of the heart. The entire range of human emotion is recorded in the 150 Psalms. One advantage of this method is that it gives you direction when it's time to pray and defeats aimlessness. This method divides the 150 Psalms into 5 Psalms for each of the 30 days in a month.

- Take the day of month as your first Psalm.
- Then keep adding 30 to that number until you get 5 Psalms.
- On the 31st, use Psalm 119.
- Take 30 seconds to scan these five Psalms, then choose one to pray through.

Simply go through the passage, line-by-line, praying what you find in the text or what it brings to mind. If nothing comes to mind or if you don't understand the verse, go to the next.

Continue in this way until (1) you run out of time,  
or (2) you run out of Psalm.