



## How to Pray Through the Psalms

### The Book of Praises

As a whole, the psalms comprise the best place in Scripture from which to pray Scripture. I base that on the original purpose for which God inspired the psalms. The book of Psalms—which means “book of praises” in Hebrew—was the songbook of Israel. The psalms were inspired by God for the purpose of being sung to God.

### The “Psalms of the Day”

In light of this, I want to commend to you a systematic approach for praying a psalm each day. The approach did not originate with me, but I can’t recall where I first encountered the concept decades ago. It’s called “Psalms of the Day.” If you intend to pray through a psalm, using the Psalms of the Day approach helps you avoid thumbing through the middle of your Bible, randomly searching for a psalm that looks interesting. Too often, such an inconsistent process results in omitting many of the psalms. It also can slow your devotional momentum as you find yourself aimlessly meandering through chapters instead of praying.

With the Psalms of the Day you take thirty seconds or so to quickly scan five specific psalms and pick the one that best leads you to prayer on that occasion. It’s based on taking the 150 psalms and dividing them by thirty days (because most months have at least thirty days). That results in five psalms per day.

Or to put it another way, if you were to read five psalms a day for an entire month, at the end of the month you would have read through the entire book of Psalms. While reading five psalms a day is a great practice that many enjoy, that’s not what I’m advocating here. What I’m suggesting is that you take half a minute to quickly scan five psalms and pick one of those five to pray through.

*This article was adapted from [Praying the Bible](#) by Donald S. Whitney. Sign up for a free five-day email course on praying the Bible at [crossway.org/PraytheBible](http://crossway.org/PraytheBible).*



## How to Pray Through the Psalms

### The Book of Praises

As a whole, the psalms comprise the best place in Scripture from which to pray Scripture. I base that on the original purpose for which God inspired the psalms. The book of Psalms—which means “book of praises” in Hebrew—was the songbook of Israel. The psalms were inspired by God for the purpose of being sung to God.

### The “Psalms of the Day”

In light of this, I want to commend to you a systematic approach for praying a psalm each day. The approach did not originate with me, but I can’t recall where I first encountered the concept decades ago. It’s called “Psalms of the Day.” If you intend to pray through a psalm, using the Psalms of the Day approach helps you avoid thumbing through the middle of your Bible, randomly searching for a psalm that looks interesting. Too often, such an inconsistent process results in omitting many of the psalms. It also can slow your devotional momentum as you find yourself aimlessly meandering through chapters instead of praying.

With the Psalms of the Day you take thirty seconds or so to quickly scan five specific psalms and pick the one that best leads you to prayer on that occasion. It’s based on taking the 150 psalms and dividing them by thirty days (because most months have at least thirty days). That results in five psalms per day.

Or to put it another way, if you were to read five psalms a day for an entire month, at the end of the month you would have read through the entire book of Psalms. While reading five psalms a day is a great practice that many enjoy, that’s not what I’m advocating here. What I’m suggesting is that you take half a minute to quickly scan five psalms and pick one of those five to pray through.

*This article was adapted from [Praying the Bible](#) by Donald S. Whitney. Sign up for a free five-day email course on praying the Bible at [crossway.org/PraytheBible](http://crossway.org/PraytheBible).*

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
Psalm 1 Psalm 31 Psalm 61 Psalm 91 Psalm 121	Psalm 2 Psalm 32 Psalm 62 Psalm 92 Psalm 122	Psalm 3 Psalm 33 Psalm 63 Psalm 93 Psalm 123	Psalm 4 Psalm 34 Psalm 64 Psalm 94 Psalm 124	Psalm 5 Psalm 35 Psalm 65 Psalm 95 Psalm 125	Psalm 6 Psalm 36 Psalm 66 Psalm 96 Psalm 126
DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12
Psalm 7 Psalm 37 Psalm 67 Psalm 97 Psalm 127	Psalm 8 Psalm 38 Psalm 68 Psalm 98 Psalm 128	Psalm 9 Psalm 39 Psalm 69 Psalm 99 Psalm 129	Psalm 10 Psalm 40 Psalm 70 Psalm 100 Psalm 130	Psalm 11 Psalm 41 Psalm 71 Psalm 101 Psalm 131	Psalm 12 Psalm 42 Psalm 72 Psalm 102 Psalm 132
DAY 13	DAY 14		DAY 15	DAY 16	
Psalm 13 Psalm 43 Psalm 73 Psalm 103 Psalm 133	Psalm 14 Psalm 44 Psalm 74 Psalm 104 Psalm 134		Psalm 15 Psalm 45 Psalm 75 Psalm 105 Psalm 135	Psalm 16 Psalm 46 Psalm 76 Psalm 106 Psalm 136	
DAY 17	DAY 18		DAY 19	DAY 20	
Psalm 17 Psalm 47 Psalm 77 Psalm 107 Psalm 137	Psalm 18 Psalm 48 Psalm 78 Psalm 108 Psalm 138		Psalm 19 Psalm 49 Psalm 79 Psalm 109 Psalm 139	Psalm 20 Psalm 50 Psalm 80 Psalm 110 Psalm 140	
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26
Psalm 21 Psalm 51 Psalm 81 Psalm 111 Psalm 141	Psalm 22 Psalm 52 Psalm 82 Psalm 112 Psalm 142	Psalm 23 Psalm 53 Psalm 83 Psalm 113 Psalm 143	Psalm 24 Psalm 54 Psalm 84 Psalm 114 Psalm 144	Psalm 25 Psalm 55 Psalm 85 Psalm 115 Psalm 145	Psalm 26 Psalm 56 Psalm 86 Psalm 116 Psalm 146
DAY 27	DAY 28	DAY 29	DAY 30	DAY 31	
Psalm 27 Psalm 57 Psalm 87 Psalm 117 Psalm 147	Psalm 28 Psalm 58 Psalm 88 Psalm 118 Psalm 148	Psalm 29 Psalm 59 Psalm 89 Psalm 119 Psalm 149	Psalm 30 Psalm 60 Psalm 90 Psalm 120 Psalm 150	Psalm 119	

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
Psalm 1 Psalm 31 Psalm 61 Psalm 91 Psalm 121	Psalm 2 Psalm 32 Psalm 62 Psalm 92 Psalm 122	Psalm 3 Psalm 33 Psalm 63 Psalm 93 Psalm 123	Psalm 4 Psalm 34 Psalm 64 Psalm 94 Psalm 124	Psalm 5 Psalm 35 Psalm 65 Psalm 95 Psalm 125	Psalm 6 Psalm 36 Psalm 66 Psalm 96 Psalm 126
DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12
Psalm 7 Psalm 37 Psalm 67 Psalm 97 Psalm 127	Psalm 8 Psalm 38 Psalm 68 Psalm 98 Psalm 128	Psalm 9 Psalm 39 Psalm 69 Psalm 99 Psalm 129	Psalm 10 Psalm 40 Psalm 70 Psalm 100 Psalm 130	Psalm 11 Psalm 41 Psalm 71 Psalm 101 Psalm 131	Psalm 12 Psalm 42 Psalm 72 Psalm 102 Psalm 132
DAY 13	DAY 14		DAY 15	DAY 16	
Psalm 13 Psalm 43 Psalm 73 Psalm 103 Psalm 133	Psalm 14 Psalm 44 Psalm 74 Psalm 104 Psalm 134		Psalm 15 Psalm 45 Psalm 75 Psalm 105 Psalm 135	Psalm 16 Psalm 46 Psalm 76 Psalm 106 Psalm 136	
DAY 17	DAY 18		DAY 19	DAY 20	
Psalm 17 Psalm 47 Psalm 77 Psalm 107 Psalm 137	Psalm 18 Psalm 48 Psalm 78 Psalm 108 Psalm 138		Psalm 19 Psalm 49 Psalm 79 Psalm 109 Psalm 139	Psalm 20 Psalm 50 Psalm 80 Psalm 110 Psalm 140	
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26
Psalm 21 Psalm 51 Psalm 81 Psalm 111 Psalm 141	Psalm 22 Psalm 52 Psalm 82 Psalm 112 Psalm 142	Psalm 23 Psalm 53 Psalm 83 Psalm 113 Psalm 143	Psalm 24 Psalm 54 Psalm 84 Psalm 114 Psalm 144	Psalm 25 Psalm 55 Psalm 85 Psalm 115 Psalm 145	Psalm 26 Psalm 56 Psalm 86 Psalm 116 Psalm 146
DAY 27	DAY 28	DAY 29	DAY 30	DAY 31	
Psalm 27 Psalm 57 Psalm 87 Psalm 117 Psalm 147	Psalm 28 Psalm 58 Psalm 88 Psalm 118 Psalm 148	Psalm 29 Psalm 59 Psalm 89 Psalm 119 Psalm 149	Psalm 30 Psalm 60 Psalm 90 Psalm 120 Psalm 150	Psalm 119	