

A Six Week Reading Guide



PSALMS
For Everyday

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A Word from the **PASTOR**



"The Psalms have a unique place in the Bible because most of the Scripture speaks to us, while the Psalms speak for us."

St. Athanasius of Alexandria

The Psalms hold a profound place in our daily lives, offering a rich tapestry of reflections that resonate with the full array of human emotions. From joy and gratitude to sorrow and despair, the Psalms capture our deepest feelings, acting as a mirror to our souls. They guide us closer to the heart of God and invite us to find solace and strength in God's presence.

By exploring the Psalms, we connect with the timeless experiences of those who have walked before us, finding words for our own prayers and praises. These sacred songs remind us that we are never alone in our struggles or celebrations. They offer a pathway to know God more fully.

The psalms are inspired by God for everyday life. My prayer is that this devotional will bless you and help you draw nearer to God. May you give yourself more fully to God and allow God's grace to more fully cover you.

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A Devoted Disciple

“The cross is laid on every Christian. The first Christ-suffering which every man must experience is the call to abandon the attachments of this world. It is that dying of the old man which is the result of his encounter with Christ. As we embark upon discipleship, we surrender ourselves to Christ in union with his death—we give over our lives to death. Thus it begins; the cross is not the terrible end to an otherwise God-fearing and happy life, but it meets us at the beginning of our communion with Christ. When Christ calls a man, he bids him come and die.”

— Dietrich Bonhoeffer, *The Cost of Discipleship*

Daily Reflection Questions

- 1 What does this psalm teach you about what it means to be devoted to God?
- 2 How can this psalm be instructive for you in deepening your own devotion to the Lord?
- 3 Is there a verse in this psalm that stirs your heart toward greater love or loyalty to God? How can it shape your thoughts or actions today?

Reading Guide

Sunday	Psalm 1 - Delight in the Lord
Monday	Psalm 15 - Who may dwell in the Lord's Presence?
Tuesday	Psalm 19 - The law of the Lord is perfect
Wednesday	Psalm 25 - Teach me your paths, O Lord
Thursday	Psalm 119:9-16 - Devotion to God's Word
Friday	Psalm 40 - Waiting patiently for the Lord
Saturday	Psalm 24 - Who is the King of glory?

NOTES

“God is known only by God. We cannot name Him by relating Him to something else that we already know. We cannot define Him by comparison or contrast. We know God only as He gives Himself to be known, in His revelation—in Jesus Christ. To know God is not to grasp Him as an object, but to be grasped by Him, to live in the relationship He initiates. All theology must begin and end with wonder and humility, for in knowing God we are always standing on the threshold of mystery.”

— Karl Barth, Church Dogmatics

Daily Reflection Questions

- 1 What does this psalm reveal about God’s character? How does that truth to speak to your life today?
- 2 How does the psalmist demonstrate a personal relationship with God? How can you grow in knowing God more intimately today?
- 3 verse in this psalm that helps you see God more clearly or trust Him more fully? Why?

Reading Guide

Sunday	Psalm 19 - God's glory in creation
Monday	Psalm 8 - God's majesty and human worth
Tuesday	Psalm 33 - The word of the Lord is upright
Wednesday	Psalm 29 - The voice of the Lord is powerful
Thursday	Psalm 36 - God’s steadfast love
Friday	Psalm 147 - God’s knowledge beyond measure
Saturday	Psalm 1 - Delighting in God’s instruction

NOTES

"Lament is the language of those who are hurting, who know that God is the only one who can help, and who refuse to pretend that everything is okay. It is not a sign of weak faith, but of deep trust—trusting God enough to bring our anger, confusion, and sorrow honestly before Him. The Psalms of lament teach us that God's people can wrestle with pain and disappointment without losing hope, because God listens, cares, and will one day make all things right."

— Tim Keller, *Walking with God through Pain and Suffering*

Daily Reflection Questions

- 1 How does this psalm give you permission to bring your pain, questions, or complaints honestly before God?
- 2 What does the psalmist's response in the midst of suffering teach you about trusting God even when life hurts?
- 3 Is there a verse in this psalm that echoes your own sorrow or gives you hope in your current struggles? How can it shape your prayer today?

Reading Guide

Sunday	Psalm 22: - Forsaken by God?
Monday	Psalm 6 - A cry for mercy
Tuesday	Psalm 13 - How long, O Lord?
Wednesday	Psalm 31 - God our refuge
Thursday	Psalm 42 - The downcast soul
Friday	Psalm 77 - I cry aloud to God
Saturday	Psalm 86 - A prayer for help

NOTES

"The greatest comfort we can receive is to know that we are beloved by God, not because of what we do or achieve, but simply because we are His children. In the midst of life's struggles and loneliness, this unconditional love invites us to rest, to be vulnerable, and to let go of the burdens we carry. True comfort comes not from avoiding pain, but from the deep assurance that we are held tenderly in God's embrace, now and always."

— Henri Nouwen, *Life of the Beloved*

Daily Reflection Questions

- 1 What images or words in this psalm reveal God as a source of comfort and peace?
- 2 How does the psalmist find rest or hope in God during times of distress? How can you lean into that same comfort today?
- 3 Is there a verse in this psalm that brings you comfort right now? How might you carry it with you throughout the day?

Reading Guide

Sunday	Psalm 23: The Lord is my shepherd
Monday	Psalm 27: The Lord is my light and salvation
Tuesday	Psalm 34: God delivers from all fears
Wednesday	Psalm 91: Under the shadow of the Almighty
Thursday	Psalm 121: My help comes from the Lord
Friday	Psalm 46: God is our refuge and strength
Saturday	Psalm 16: I will not be shaken

NOTES

“The Christian does not think God will love us because we are good, but that God will make us good because He loves us. Our purpose is not simply to be happy or to avoid pain, but to become the kind of person God intended us to be—reflecting His goodness, love, and truth. Finding our purpose means joining God’s work in the world and allowing Him to shape our character and mission. It is a lifelong journey of transformation, rooted in relationship with Him.”

— C.S. Lewis, *Mere Christianity*

Daily Reflection Questions

- 1 What does this psalm reveal about God’s purposes in the world? How might your life be part of that greater story?
- 2 How does the psalmist describe their calling, mission, or reason for praising God? What’s yours?
- 3 Is there a verse in this psalm that inspires you to live with greater clarity or direction today? Why does it speak to you?

Reading Guide

Sunday	Psalm 139: Known by God
Monday	Psalm 100: We are God’s people
Tuesday	Psalm 92: Flourishing in God
Wednesday	Psalm 37: Commit your way to the Lord
Thursday	Psalm 119:105-112: A lamp to my feet
Friday	Psalm 40:8-10: I desire to do Your will
Saturday	Psalm 90: Teach us to number our days

NOTES

"Worship is the missing jewel in the church today. When we truly worship God, we find ourselves praising Him not just with our lips but with our whole being. Praise is the atmosphere in which the soul breathes freely and is drawn closer to God. It is through praise that we recognize the greatness of God and our humble place before Him, opening our hearts to His transforming grace."

— A.W. Tozer, *The Pursuit of God*

Daily Reflection Questions

- 1 What reasons does the psalmist give for praising God, and how do those truths inspire your own praise today?
- 2 How does this psalm model a heart that delights in God?
- 3 Is there a verse in this psalm that you can use as a personal song or prayer of praise today? What makes it meaningful to you?

Reading Guide

Sunday	Psalm 150: Praise the Lord
Monday	Psalm 95: Come, let us bow down in worship
Tuesday	Psalm 96: Sing to the Lord a new song
Wednesday	Psalm 98: Make a joyful noise
Thursday	Psalm 103: Bless the Lord, O my soul
Friday	Psalm 145: Great is the Lord and worthy of praise
Saturday	Psalm 117: Praise the Lord, all nations!

NOTES



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