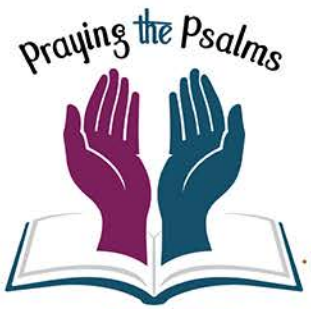


PRAYING THE PSALMS

Use the MORNING and EVENING charts below as you begin to read through the Psalms, noting which verses surprise you, stand out, make you uncomfortable, or draw you in.

- What do you need or want from God?
- What is causing you pain?
- What are you grateful for?
- How is God blessing you?
- What are you celebrating?
- What emotion(s) are you feeling?
- How or where have you experienced God's help in the past?
- What is the condition of your relationship with God right now?
- What is the condition of your relationships with others?

MORNING PSALMS

1	2	3	4	5	9	10	11	15	16	17	19
20	21	24	25	26	30	31	35	36	38	39	40
44	45	46	50	51	52	56	57	58	62	63	64
68	71	72	75	76	77	79	80	81	86	87	88
90	91	92	95	96	97	102	103	105	107	110	111
112	113	116	117	118	120	121	122	123	124	125	132
133	134	135	139	140	144	145	146				

EVENING PSALMS

6	7	8	12	13	14	18	22	23	27	28	29
32	33	34	37	41	42	43	47	48	49	53	54
55	59	60	61	65	66	67	68	70	73	74	78
82	83	84	85	89	93	94	98	99	100	101	104
106	108	109	114	115	119	119	119	126	127	128	129
130	131	136	137	138	141	142	143	147	148	149	150



WRITING A PSALM OF PRAYER

If the psalms of Scripture breathe out of the anatomy of the psalmist's soul ... then why can't our own psalms do much the same?
(Howard Vanderwell)

PREPARING YOUR HEART

- Choose a favorite psalm as a template, or open your Bible to Psalm 61.
- Read the psalm slowly. Savor the words. Notice the phrases. If possible, read it in several translations.
- Read the psalm out loud. Listen to the poetry.
- Who is speaking?
- What is being spoken about?
- Name the emotions you feel.
- Where do you connect with the psalm?
- Which words or phrases catch your attention?

PICKING UP YOUR PEN

- Write the first line of your favorite psalm or Psalm 61.
- Is there a word or phrase that stands out? Write about this. Tell God what tugged at your heart or gave you pause.
- Do you feel an emotional connection to a particular word, such as *shield*? Use it as a keyword, asking yourself questions like: "How is God a shield for me?" "What is He shielding me from?" "Why do I need to be shielded?"
- Continue line by line until you've completed your psalm.
- Then read your psalm back as a prayer to God.