

# READING THE PSALMS

## Day 1: Read Repetitively

### READ

Read the Psalm at least three times. You can read it in different versions, read it aloud, or listen to it.

### WRITE

Write a few of the verses in your own words. Writing helps to slow your reading, increasing your understanding.

### PRAY

What can you learn about God from this Psalm? Which of God's attributes are mentioned? Take some time to **PRAISE** God for those attributes.

## Day 2: Ask Questions

### READ

Reread the Psalm and pay attention to what questions you have or what might be hard to understand in this Psalm.

### WRITE

Write down some questions you have. Look up unknown words in a dictionary. Look to Study Bibles and Commentaries to answer questions.

### PRAY

Are there any verses in the Psalm that state what God has done or will do? Write those verses down. Spend time praying, **THANKING** God for what you have seen Him do.

## Day 3: See Order

### READ

As you read the Psalm, note words, phrases, or ideas that are repeated. Review it again and identify sections where the author introduces new topics or approaches the subject differently.

### WRITE

List the sections you saw in the Psalm. List repeated words, phrases, or ideas. Based on what you have written, what do you think is the main point of this Psalm?

### PRAY

What are God's promises in this Psalm? What promises of God do you need to remember today? Spend some time praying and reminding yourself of God's **PROMISES** to us.

# READING THE PSALMS

## Day 4: Apply

### READ

Read the Psalm. This time look for commands to obey or truths to believe.

### WRITE

Write the commands and truths you noted. Based on these commands, is there anything you need to repent of? Any actions that you need to take? Are there truths in this Psalm that you need to believe?

### PRAY

Look back at the Psalm or what you just wrote. Reflect on what truths or commands you struggle to believe or obey. Spend time **CONFESSING** your sin to God, remembering that you have a merciful God who forgives your sin and helps you to live obediently.

## Day 5: Look to Christ

### READ

Read the Psalm and reflect on the understanding that the Psalms were the prayer book of the Israelites, meaning they were also Jesus's prayer book.

### WRITE

Write down some of your reflections on this Psalm as a prayer of Jesus. Write your answers to the following questions:

Are there any concepts in this Psalm that relate to Christ as King (the one who reigns)?

As Prophet (the one who proclaims God's word, calls us to repentance, and proclaims our forgiveness)?

As Priest (the sacrifice for our sin)?

### PRAY

Today, reread this **PSALM** as a prayer to God. If helpful, write the Psalm in your own words as a prayer. Be honest with God about where you struggle with this Psalm.

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## Resources for Reading & Studying the Psalms

### DEVOTIONAL/GUIDES

The Songs of Jesus by Tim Keller

Appendix 1 of Where Prayer Becomes Real by Kyle Strobel & John Coe

### COMMENTARIES

How to Read the Psalms by Tremper Longman

The Messiah and the Psalms by Richard P. Belcher