



Praying the psalms

DARING PRAYERS

for

DESPERATE TIMES

SUMMER '21

CROSSINGSKATY.COM

Praying the Psalms

Summer 2021

Introduction

Though they were inspired and authored thousands of years ago- and half a world away- the Psalms are not only “Israel’s songbook”; they are ours as well!

Within this rich, varied, and timeless collection of songs and prayers, we find just about every kind of expression to God imaginable.

Songs of praise.

Expressions of thanksgiving.

Outpourings of confession and repentance.

Cries of lament.

Declarations of remembrance.

While the particulars of our circumstances may look different, we face many of the same highs and lows, triumphs and struggles, as the psalmists did- and just as He did then, our God invites us to engage honestly with Him in the midst of *all* of them. In this way, the Psalms are both *instructive* and *exemplary*, helping to give “voice” to our own prayers today.

This summer at Crossings, we invite you to join us on this journey of **Praying the Psalms**. No matter where life takes us in this often chaotic season, for just a few minutes each day, let’s unify our hearts and minds by allowing God’s Word to inform and impact the way we pray- indeed, to breath fresh life into the way we relate to our good and gracious God.

How to Use this Guide

We encourage you to use this Guide in two simple ways- first, as a prompt to meet with God in His Word and in prayer, and second, as a space (if you so choose) to record how God is at work in your heart, mind, and life through that time. Here's a suggested process for how to use it well...

1- **Read** the Psalm, taking note of how the psalmist approaches God, and of the specific expressions and requests included in each prayer. What kind of Psalm is this? Do we know anything about the psalmist's background, or the particular circumstances that prompted this prayer?

2- **Pray** the Psalm in your own words. Do this slowly, focusing not on flowery form but on honest expression before God.

3- **Write** your response to the Psalm. This may be a word or phrase to remember, a truth or promise to cling to, or a step of repentance or obedience to take.

4- **Share** the Psalm with someone else, as you have an appropriate opportunity. Encourage someone else who needs to encounter the refreshing truth of God's Word!

Day 1 / Psalm 25

*"To you, O Lord, I lift up my soul.
O my God, in you I trust" - 25:1*

Day 2 / Psalm 1

*"But his delight is in the law of the Lord, and on his law
he meditates day and night" - 1:2*

Day 3 / Psalm 3

*"But you, O Lord, are a shield about me, my glory, and
the lifter of my head" - 3:3*

Day 4 / Psalm 5

“Give ear to my words, O Lord; consider my groaning” - 3:1

Day 5 / Psalm 8

“O Lord, our Lord, how majestic is your name in all the earth!” - 8:1

Day 6 / Psalm 9

“And those who know your name put their trust in you, for you, O Lord, have not forsaken those who seek you” - 9:10

Day 7 / Psalm 13

*“How long, O Lord? Will you forget me forever?
How long will you hide your face from me” - 13:1*

Day 8 / Psalm 16

“Preserve me, O God, for in you I take refuge” - 16:1

Day 9 / Psalm 18:1-24

*“In my distress I called upon the Lord; To my God I cried
for help” - 18:8a*

Day 10 / Psalm 18:25-50

“For you save a humble people, but the haughty eyes you bring down” - 18:27

Day 11 / Psalm 23

“Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me” - 23:4a

Day 12 / Psalm 27

“The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life” - 27:1a

Day 13 / Psalm 30

“Weeping may tarry for the night, but joy comes with the morning” - 30:5b

Day 14 / Psalm 32

“Blessed is the one whose transgression is forgiven, whose sin is covered” - 32:1

Day 15 / Psalm 34

“I will bless the Lord at all times; His praise shall continually be in my mouth” - 34:1

Day 16 / Psalm 37:1-22

“Trust in the Lord, and do good; Dwell in the land and befriend faithfulness” - 37:3

Day 17 / Psalm 37:23-40

*“The salvation of the righteous is from the Lord;
He is their stronghold in the time of trouble” - 37:39*

Day 18 / Psalm 40

“I waited patiently for the Lord; He inclined to me and heard my cry” - 40:1

Day 19 / Psalm 42

*“My soul is cast down within me;
therefore I will remember you” - 40:5b*

Day 20 / Psalm 46

*“Be still, and know that I am God.
I will be exalted among the nations” - 46:10*

Day 21 / Psalm 48

*“Great is the Lord and greatly to be praised
in the city of our God!” - 48:1*

Day 22 / Psalm 51

“Have mercy on me, O God, according to your steadfast love; according to your...mercy blot out my transgressions” - 51:1

Day 23 / Psalm 56

“When I am afraid, I put my trust in you” - 56:3

Day 24 / Psalm 62

“For God alone, O my soul, wait in silence, for my hope is from him” - 62:5

Day 25 / Psalm 63

*“Because your steadfast love is better than life,
my lips will praise you” - 63:3*

Day 26 / Psalm 67

*“May God be gracious to us and bless us
and make his face to shine upon us” - 67:1*

Day 27 / Psalm 71

*“For you, O Lord, are my hope,
my trust, O Lord, from my youth” - 71:5*

Day 28 / Psalm 73

“My flesh and my heart may fail, but God is the strength of my heart, my portion forever” - 73:26

Day 29 / Psalm 78:1-31

*“Give ear, O my people, to my teaching;
incline your ears to the words of my mouth!” - 78:1*

Day 30 / Psalm 78:32-72

*“They remembered that God was their rock,
the Most High God was their redeemer” - 78:35*

Day 31 / Psalm 80

“Restore us, O God;

let your face shine, that we may be saved!” - 80:3

Day 32 / Psalm 84

“My soul longs, yes, faints for the courts of the Lord;

my heart and flesh sing for joy to the living God” - 84:2

Day 33 / Psalm 86

“Incline your ear, O Lord, and answer me,

for I am poor and needy” - 86:1

Day 34 / Psalm 90

*“So teach us to number our days
that we may get a heart of wisdom” - 90:12*

Day 35 / Psalm 91

*“He who dwells in the shelter of the Most High
will abide in the shadow of the Almighty” - 91:1*

Day 36 / Psalm 96

*“Worship the Lord in the splendor of holiness,
tremble before him, all the earth!” - 96:9*

Day 37 / Psalm 101

"I will ponder the way that is blameless...

I will walk with integrity of heart within my house" -

101:2

Day 38 / Psalm 103

"Bless the Lord, O my soul,

and all that is within me, bless his holy name!" - 103:1

Day 39 / Psalm 112

"Blessed is the man who fears the Lord,

who greatly delights in his commandments!" - 112:1

Day 40 / Psalm 115

"But we will bless the Lord from this time forth and forevermore. Praise the Lord!" - 115:18

Day 41 / Psalm 116

"I love the Lord, because he has heard my voice and my pleas for mercy" - 116:1

Day 42 / Psalm 121

"I lift up my eyes to the hills. From where does my help come? My help comes from the Lord" - 121:1-2

Day 43 / Psalm 130

"I wait for the Lord, my soul waits, and in his word I hope" - 130:5

Day 44 / Psalm 136

*"Give thanks to the Lord, for he is good;
for his steadfast love endures forever" - 136:1*

Day 45 / Psalm 139

*"Search me, O God, and know my heart!
Try me and know my thoughts!" - 139:23*

Day 46 / Psalm 142

*"I cry to you, O Lord; I say, "You are my refuge,
my portion in the land of the living" - 142:5*

Day 47 / Psalm 143

*"For your name's sake, O Lord, preserve my life!
In your righteousness bring my soul out of trouble!" -
143:11*

Day 48 / Psalm 145

*"The Lord is gracious and merciful, slow to anger
and abounding in steadfast love" - 145:8*

Day 49 / Psalm 147

“Praise the Lord! For it is good to sing praises to our God; for it is pleasant, and a song of praise is fitting” - 147:1

Day 50 / Psalm 149

*“For the Lord takes pleasure in his people;
He adorns the humble with salvation” - 149:4*