

Praying the Psalms

(Accompanied by The Lord's Prayer)

1. Thanksgiving & Praise ("Our Father... hallowed by thy name")

- Psalm 57: God is glorious and loving – exalt him with a steadfast heart!
- Psalm 92: Give God thanks for His great works
- Psalm 95: To worship is to thank, praise, revere, listen, and obey God
- Psalm 100: Thanksgiving leads to praise
- Psalm 107: Give thanks even in difficult times
- Psalm 136: The Lord is good and his love endures forever
- Psalm 103-107, 111-118, 134-139, 145-150: Hallelujah Psalms

2. Submission to God / Wisdom ("Thy kingdom come...")

- Psalm 1: Live in the way of the righteous by delighting in God's Law
- Psalms 4,5: Learn the rhythm of evening and morning prayer
- Psalm 8: Worship your Creator
- Psalm 19: Listen to God in the wonders of nature and Word
- Psalm 119: Delight in God's Law
- Psalm 131: Practice simplicity and silence
- Psalm 133: Practice spiritual friendship
- Psalm 139: Examine yourself in God's light

3. Petition: Comfort and Encouragement ("Give us this day...")

- Psalm 4: In distress you can be filled with God's love, joy, peace
- Psalm 16: Delight in God
- Psalm 23: Grow with Good Shepherd
- Psalm 91: In danger find refuge in God
- Psalm 121: Trust in God's protection and care

4. Petition: Longing for God ("Give us this day...")

- Psalm 27: Seek the Lord as your "One Thing"
- Psalm 42: In troubles thirst deeply for the Living God
- Psalm 63: Hunger for God with all your soul
- Psalm 73: Make God the strength of your heart and your portion forever
- Psalm 84: Yearn for the lovely courts of the Lord and invite others inside

5. Confession of Sin (“Forgive us...”)

- Psalm 32: Confess your sins and know forgiveness
- Psalm 38: In guilt and pain cry out for your Savior’s help and answers
- Psalm 51: Confess your sin against God and be purified and restored
- Psalm 130: God’s forgiveness is available to you

6. Confession: Anger at Enemies (“Forgive us...”)

- Psalm 35: When mistreated let the Lord be the one to fight for you
- Psalm 59: When slandered with lies trust the Lord as your defender
- Psalm 69: When being hated sinks you in mire express anger to God
- Psalm 70: When people seek to harm you cry out to God
- Psalm 109: When betrayed, vent your anger to God and rely on his love

7. Temptation: Laments of grief or complaints (“Lead us not into temptation...”)

- Psalm 3: Cry out to the Lord and put your confidence in him
- Psalm 6: Pour out your tears and questions to God
- Psalm 31: In distress put your trust in God’s presence
- Psalm 64: When verbally attacked hide in God and rely on his justice
- Psalm 73: Praise God even as wicked prosper and righteous suffer
- Psalm 102: In depression cry out to God and recall his power and care
- Psalm 142: Cry and complain to God and find that he’s your portion
- Psalm 143: In troubles thirst for God’s unfailing love and will

8. Temptation: Dark Night of the Soul; Laments and complaints that God feels distant (“Lead us not into temptation...”)

- Psalm 13: When God’s face is hidden learn to trust him in your heart
- Psalm 22: When it seems God has rejected you praise him anyway
- Psalm 77: When you don’t feel God’s love meditate on his goodness
- Psalm 88: When you’re in a dark pit and God seems angry cry out to him