

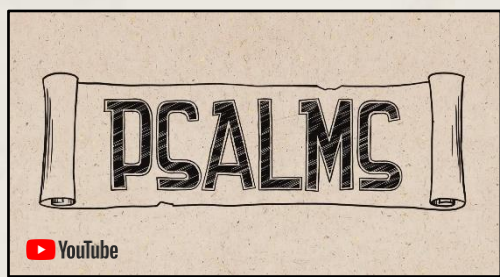
READ, PRAY, SING THROUGH THE BOOK OF PSALMS

Introduction

For centuries, the Book of Psalms has served believers as a guide in meditation and worship. The Psalms have been sung, memorized, meditated upon, preached, and written about. Perhaps no other book in the Bible has played such a central role in Christian worship. This is not surprising since the Psalms invite us to reflect deeply on the love of God, to ponder on His nature, to celebrate our redemption and rescue, and to poetically verbalize the triumphs and heartaches of life. The Psalms can also serve as our guide in one more very important way: by praying them. By using the Psalms as our guide and language in prayer, we can orient our minds, hearts, and words to a deeper experience with God.

The Psalms are a deep well from which we are invited to drink.

⇒ **“Overview of the Book of Psalms”** by The Bible Project



[Tap HERE for Video \(9min\)](#)



cpbc.me/brp-psalms-vid

Read & Pray

1. Begin With Prayer

Ask God to reveal himself to you as you read. Ask him to teach you by his Holy Spirit.

2. Read Through The Psalm

Read through the entire Psalm so that you can better understand the author's emotions and thoughts. Use the **SOAP** method to read through the scriptures.

Scriptures | *Read the scriptures slowly; ask the Holy Spirit to illuminate the word for you*

Observation / Interpretation | *Who are the key characters? What are the key events? What are the key verses? What is the writer of the book wanting to communicate to the readers of that day? (context). What about God do I learn from these verses?*

Application | *What is the Holy Spirit saying to me personally and my situation. Is there a sin to confess? Are there things I need to act on? Is there an encouragement for me or others?*

Pray | *Pray to God about the things you are convicted of and want to act on.*

3. Personalize The Verses As You Pray Them Back To God

You can thank God for his character and attributes that are revealed in the Psalm. You can pray for yourself and may find that you share many of the same emotions that the Psalmist had. Pray for others who you know are going through similar situations.

Personalize and pray according to the will of God as you grow in your knowledge of who He is and what His purposes are for you. Pray for the help of the Holy Spirit to live out the convictions formed in your heart.

3 Benefits Of Praying The Psalms

First, the Psalms require worship, thanksgiving, and gratitude to be ever-present in our prayers. The love and goodness of God are on full display throughout the Book of Psalms. The Psalms remind us that God is the masterful Creator and the sustainer of life. As we pray the Psalms, our thoughts are God-centered and full of gratitude for who He is.

Second, we are directed to approach God for who He is and not as we want Him to be. Do your prayers sometimes sound only like a wish list of desires you want God to answer? If we aren't careful our prayers can also lead to construct and create God into who we want Him to be. Praying the Psalms, however, helps us to pray to God as He is since we are using His words, delivered through His people, to communicate with Him in prayer.

Third, the Psalms can verbalize feelings, emotions, pains, and triumphs we can't put into our own words. Have you ever had a hard time finding the right words to express those high or low moments to God in your prayer life? Have you ever felt the words you said to God didn't match what you really wanted to say to God in prayer? The Psalms can be an unmistakably honest and direct way of praying to God when we struggle to find words to express our own feelings.

Sing

1. Ask the Holy Spirit to drop a tune into your mind as you read a Psalm.
2. Don't try too hard to get every word of the verse you are looking at to be included in the lyrics. Don't get caught up with being technically right that you miss the joy of worshipping God with these songs.
3. Where appropriate, share these songs with your friends, in your LGs and with your pastors. Enjoy creating songs with the help of the Holy Spirit.

150 DAYS PSALMS READING PLAN

Name _____

Begin Date _____

Finish Date _____

1	<input type="radio"/> Psalm 1
2	<input type="radio"/> Psalm 2
3	<input type="radio"/> Psalm 3
4	<input type="radio"/> Psalm 4
5	<input type="radio"/> Psalm 5
6	<input type="radio"/> Psalm 6
7	<input type="radio"/> Psalm 7
8	<input type="radio"/> Psalm 8
9	<input type="radio"/> Psalm 9
10	<input type="radio"/> Psalm 10
11	<input type="radio"/> Psalm 11
12	<input type="radio"/> Psalm 12
13	<input type="radio"/> Psalm 13
14	<input type="radio"/> Psalm 14
15	<input type="radio"/> Psalm 15
16	<input type="radio"/> Psalm 16
17	<input type="radio"/> Psalm 17
18	<input type="radio"/> Psalm 18
19	<input type="radio"/> Psalm 19
20	<input type="radio"/> Psalm 20
21	<input type="radio"/> Psalm 21
22	<input type="radio"/> Psalm 22
23	<input type="radio"/> Psalm 23
24	<input type="radio"/> Psalm 24
25	<input type="radio"/> Psalm 25
26	<input type="radio"/> Psalm 26
27	<input type="radio"/> Psalm 27
28	<input type="radio"/> Psalm 28
29	<input type="radio"/> Psalm 29
30	<input type="radio"/> Psalm 30

31	<input type="radio"/> Psalm 31
32	<input type="radio"/> Psalm 32
33	<input type="radio"/> Psalm 33
34	<input type="radio"/> Psalm 34
35	<input type="radio"/> Psalm 35
36	<input type="radio"/> Psalm 36
37	<input type="radio"/> Psalm 37
38	<input type="radio"/> Psalm 38
39	<input type="radio"/> Psalm 39
40	<input type="radio"/> Psalm 40
41	<input type="radio"/> Psalm 41
42	<input type="radio"/> Psalm 42
43	<input type="radio"/> Psalm 43
44	<input type="radio"/> Psalm 44
45	<input type="radio"/> Psalm 45
46	<input type="radio"/> Psalm 46
47	<input type="radio"/> Psalm 47
48	<input type="radio"/> Psalm 48
49	<input type="radio"/> Psalm 49
50	<input type="radio"/> Psalm 50
51	<input type="radio"/> Psalm 51
52	<input type="radio"/> Psalm 52
53	<input type="radio"/> Psalm 53
54	<input type="radio"/> Psalm 54
55	<input type="radio"/> Psalm 55
56	<input type="radio"/> Psalm 56
57	<input type="radio"/> Psalm 57
58	<input type="radio"/> Psalm 58
59	<input type="radio"/> Psalm 59
60	<input type="radio"/> Psalm 60

61	<input type="radio"/> Psalm 61
62	<input type="radio"/> Psalm 62
63	<input type="radio"/> Psalm 63
64	<input type="radio"/> Psalm 64
65	<input type="radio"/> Psalm 65
66	<input type="radio"/> Psalm 66
67	<input type="radio"/> Psalm 67
68	<input type="radio"/> Psalm 68
69	<input type="radio"/> Psalm 69
70	<input type="radio"/> Psalm 70
71	<input type="radio"/> Psalm 71
72	<input type="radio"/> Psalm 72
73	<input type="radio"/> Psalm 73
74	<input type="radio"/> Psalm 74
75	<input type="radio"/> Psalm 75
76	<input type="radio"/> Psalm 76
77	<input type="radio"/> Psalm 77
78	<input type="radio"/> Psalm 78
79	<input type="radio"/> Psalm 79
80	<input type="radio"/> Psalm 80
81	<input type="radio"/> Psalm 81
82	<input type="radio"/> Psalm 82
83	<input type="radio"/> Psalm 83
84	<input type="radio"/> Psalm 84
85	<input type="radio"/> Psalm 85
86	<input type="radio"/> Psalm 86
87	<input type="radio"/> Psalm 87
88	<input type="radio"/> Psalm 88
89	<input type="radio"/> Psalm 89
90	<input type="radio"/> Psalm 90

91	<input type="radio"/> Psalm 91
92	<input type="radio"/> Psalm 92
93	<input type="radio"/> Psalm 93
94	<input type="radio"/> Psalm 94
95	<input type="radio"/> Psalm 95
96	<input type="radio"/> Psalm 96
97	<input type="radio"/> Psalm 97
98	<input type="radio"/> Psalm 98
99	<input type="radio"/> Psalm 99
100	<input type="radio"/> Psalm 100
101	<input type="radio"/> Psalm 101
102	<input type="radio"/> Psalm 102
103	<input type="radio"/> Psalm 103
104	<input type="radio"/> Psalm 104
105	<input type="radio"/> Psalm 105
106	<input type="radio"/> Psalm 106
107	<input type="radio"/> Psalm 107
108	<input type="radio"/> Psalm 108
109	<input type="radio"/> Psalm 109
110	<input type="radio"/> Psalm 110
111	<input type="radio"/> Psalm 111
112	<input type="radio"/> Psalm 112
113	<input type="radio"/> Psalm 113
114	<input type="radio"/> Psalm 114
115	<input type="radio"/> Psalm 115
116	<input type="radio"/> Psalm 116
117	<input type="radio"/> Psalm 117
118	<input type="radio"/> Psalm 118
119	<input type="radio"/> Psalm 119
120	<input type="radio"/> Psalm 120

121	<input type="radio"/> Psalm 121
122	<input type="radio"/> Psalm 122
123	<input type="radio"/> Psalm 123
124	<input type="radio"/> Psalm 124
125	<input type="radio"/> Psalm 125
126	<input type="radio"/> Psalm 126
127	<input type="radio"/> Psalm 127
128	<input type="radio"/> Psalm 128
129	<input type="radio"/> Psalm 129
130	<input type="radio"/> Psalm 130
131	<input type="radio"/> Psalm 131
132	<input type="radio"/> Psalm 132
133	<input type="radio"/> Psalm 133
134	<input type="radio"/> Psalm 134
135	<input type="radio"/> Psalm 135
136	<input type="radio"/> Psalm 136
137	<input type="radio"/> Psalm 137
138	<input type="radio"/> Psalm 138
139	<input type="radio"/> Psalm 139
140	<input type="radio"/> Psalm 140
141	<input type="radio"/> Psalm 141
142	<input type="radio"/> Psalm 142
143	<input type="radio"/> Psalm 143
144	<input type="radio"/> Psalm 144
145	<input type="radio"/> Psalm 145
146	<input type="radio"/> Psalm 146
147	<input type="radio"/> Psalm 147
148	<input type="radio"/> Psalm 148
149	<input type="radio"/> Psalm 149
150	<input type="radio"/> Psalm 150