

PSALMS READING PLAN

The Psalms are a collection of prayers spanning almost 1,000 years and served as a songbook and prayerbook for God's people. If you're new studying the Bible, praying, or want to grow in abiding with Jesus - reading regularly through the Psalms is a great way to start.

To begin, skim through five Psalms and pick one, take your time, and pray through it. You can use the guide below for help.

If you need more help with studying the Bible, consult the [How to Study the Bible post](#) and/or go to more resources on FollowingJesusTogether.com/abide

Other recommended resources:

- [David's Inner Life from The Life of David sermon series](#)
- Worthy sermon series - [Downtown](#), [Lexington](#)
- [Overview: The Psalms from The Bible Project](#)
- [The Songs of Jesus by Tim Keller](#)
- [Praying the Bible by Donald Whitney](#)

Day	Passage
1	Psalms 1, 31, 61, 91, or 121
2	Psalms 2, 32, 62, 92, or 122
3	Psalms 3, 33, 63, 93, or 123
4	Psalms 4, 34, 64, 94, or 124
5	Psalms 5, 35, 65, 95, or 125
6	Psalms 6, 36, 66, 96, or 126
7	Psalms 7, 37, 67, 97, or 127
8	Psalms 8, 38, 68, 98, or 128
9	Psalms 9, 39, 69, 99, or 129
10	Psalms 10, 40, 70, 100, or 130
11	Psalms 11, 41, 71, 101, or 131

12	Psalm 12, Psalm 42, Psalm 72, Psalm 102, or Psalm 132
13	Psalm 13, Psalm 43, Psalm 73, Psalm 103, or Psalm 133
14	Psalm 14, Psalm 44, Psalm 74, Psalm 104, or Psalm 134
15	Psalm 15, Psalm 45, Psalm 75, Psalm 105, or Psalm 135
16	Psalm 16, Psalm 46, Psalm 76, Psalm 106, or Psalm 136
17	Psalm 17, Psalm 47, Psalm 77, Psalm 107, or Psalm 137
18	Psalm 18, Psalm 48, Psalm 78, Psalm 108, or Psalm 138
19	Psalm 19, Psalm 49, Psalm 79, Psalm 109, or Psalm 139
20	Psalm 20, Psalm 50, Psalm 80, Psalm 110, or Psalm 140
21	Psalm 21, Psalm 51, Psalm 81, Psalm 111, or Psalm 141
22	Psalm 22, Psalm 52, Psalm 82, Psalm 112, or Psalm 142
23	Psalm 23, Psalm 53, Psalm 83, Psalm 113, or Psalm 143
24	Psalm 24, Psalm 54, Psalm 84, Psalm 114, or Psalm 144
25	Psalm 25, Psalm 55, Psalm 85, Psalm 115, or Psalm 145
26	Psalm 26, Psalm 56, Psalm 86, Psalm 116, or Psalm 146
27	Psalm 27, Psalm 57, Psalm 87, Psalm 117, or Psalm 147
28	Psalm 28, Psalm 58, Psalm 88, Psalm 118, or Psalm 148
29	Psalm 29, Psalm 59, Psalm 89, Psalm 119, or Psalm 149
30	Psalm 30, Psalm 60, Psalm 90, Psalm 120, or Psalm 150
31	Psalm 119