

*SIXTY DAYS IN THE PSALMS*¹

Throughout history, God’s people of both the Old and New Covenants have used the Psalms to guide their worship and prayer. This anthology of poetic prayers and songs was compiled over centuries, the first psalms being written as early as the 10th century BC and the latest around the 5th century BC. As a divinely inspired collection for use in both private and public worship, the Psalms function in a powerful way amongst the people of God. Michael Horton writes: “The Psalms are the inspired hymnal giving us our lines in the covenant script, because not only does the Father speak directly in every case; the Spirit also brings about the intended response within creatures.”²

In the rhythms of our daily life, the Psalms can lead us to have a vision of life beyond our circumstances and shape our longings to be set on the One who is truly beautiful, true, and just. They give us a kind of holy imagination for seeing the new creation possibilities that God is ushering into the world through the Messiah Jesus. And they provide a model of expressing the range of human emotions that we experience as we wait for God’s final reconciliation of all things, from exhilarating joy to heartbreaking sorrow.

Ultimately, the Psalms lead us along in life to develop a daily habit of praise as we fix our minds and hearts on the only One who can satisfy our deepest longings. In Hebrew, the book of

¹ Adapted from the *Book of Common Prayer, 2019*.

² *The Christian Faith: A Systematic Theology for Pilgrims on the Way* (Grand Rapids, MI: Zondervan, 2011), 159.

Psalms is titled *tebillim* which means “praises.” This is indeed the goal of the rhythms described in this guide, to lead us into the fullness of a life lived in praise of the God who brings rest to our restless hearts. As the Psalms guide our prayers, they can help us learn to praise like no other resource can. In his work on the Psalms as a tool for prayer, Eugene Peterson observes: “All prayer, pursued far enough, becomes praise. Any prayer, no matter how desperate its origin, no matter how angry and fearful the experiences it traverses, ends up in praise. It does not always get there quickly or easily—the trip can take a lifetime—but the end is always praise...”³ The book of Psalms is a collection of these kinds of prayers that consistently lead those who read them, sometimes abruptly, to praise.

We invite you over the next sixty days to develop a rhythm of praying the Psalms. There are Psalms assigned for the morning and evening. Or, you can read and pray all of the day’s Psalms at one point during the day if that is better for your schedule. With the help of other ministry leaders in our congregation, we will also be providing a recording of each day’s Psalms that you can listen to on the go. Visit www.mtbible.org for more information on this resource.

³ *Answering God: The Psalms as Tools for Prayer* (NY: HarperOne, 1991), 122.

<u>Day</u>	<u>Morning Psalms</u>	<u>Evening Psalms</u>
1	1, 2	3, 4
2	5, 6	7
3	9	10
4	8, 11	15, 16
5	12, 13, 14	17
6	18:1-20	18:21-52
7	19	20, 21
8	22	23, 24
9	25	27
10	26, 28	31
11	29, 30	33
12	34	35
13	32, 36	38
14	37:1-17	37:18-41
15	40	39, 41
16	42, 43	44
17	45	46
18	47, 48	49
19	50	51
20	52, 53, 54	55

<u>Day</u>	<u>Morning Psalms</u>	<u>Evening Psalms</u>
21	56, 57	58, 60
22	59	63, 64
23	61, 62	65, 67
24	68:1-18	68:19-36
25	69:1-18	69:19-37
26	66	70, 72
27	71	73
28	74	77
29	75, 76	79, 82
30	78:1-18	78:19-40
31	78:41-73	80
32	81	83
33	84	85
34	86, 87	88
35	89:1-18	89:19-51
36	90	91
37	92, 93	94
38	95, 96	97, 98
39	99, 100, 101	102
40	103	104

<u>Day</u>	<u>Morning Psalms</u>	<u>Evening Psalms</u>
41	105:1-22	105:23-44
42	106:1-18	106:19-46
43	107:1-22	107:23-43
44	108, 110	109
45	111, 112	113, 114
46	115	116, 117
47	119:1-24	119:25-48
48	119:49-72	119:73-88
49	119:89-104	119:105-128
50	119:129-152	119:153-176
51	118	120, 121
52	122, 123	124, 125, 126
53	127, 128	129, 130, 131
54	132, 133	134, 135
55	136	137, 138
56	139	141, 142
57	140	143
58	144	145
59	146	147
60	148	149, 150