
Scripture Reading Schedule

Week 5: July 24-30

Monday	<i>Psalm 68</i>
Tuesday	<i>Psalm 69-70</i>
Wednesday	<i>Psalm 71-72</i>
Thursday	<i>Psalm 73-74</i>
Friday	<i>Psalm 75-77</i>
Saturday	<i>Psalm 78</i>

Week 6: July 31 - August 6

Monday	<i>Psalm 79-81</i>
Tuesday	<i>Psalm 82-85</i>
Wednesday	<i>Psalm 86-88</i>
Thursday	<i>Psalm 89</i>
Friday	<i>Psalm 90-92</i>
Saturday	<i>Psalm 93-94</i>

Week 7: August 7-13

Monday	<i>Psalm 95-97</i>
Tuesday	<i>Psalm 98-101</i>
Wednesday	<i>Psalm 102-103</i>
Thursday	<i>Psalm 104</i>
Friday	<i>Psalm 105</i>
Saturday	<i>Psalm 106</i>

Week 8: August 14-20

Monday	<i>Psalm 107</i>
Tuesday	<i>Psalm 108-109</i>
Wednesday	<i>Psalm 110-113</i>
Thursday	<i>Psalm 114-115</i>
Friday	<i>Psalm 116-118</i>
Saturday	<i>Psalm 119:1-32</i>

Scripture Reading Schedule

Week 9: August 21-27

Monday	<i>Psalm 119:33-72</i>
Tuesday	<i>Psalm 119:74-104</i>
Wednesday	<i>Psalm 119:105-144</i>
Thursday	<i>Psalm 119:145-176</i>
Friday	<i>Psalm 120-125</i>
Saturday	<i>Psalm 126-131</i>

Week 10: August 28-September 3

Monday	<i>Psalm 132-135</i>
Tuesday	<i>Psalm 136-138</i>
Wednesday	<i>Psalm 139-140</i>
Thursday	<i>Psalm 141-143</i>
Friday	<i>Psalm 144-146</i>
Saturday	<i>Psalm 147-150</i>

Resources on Reading the Psalms

U2, Eugene Peterson & The Psalms

<https://www.youtube.com/watch?v=-l40S5e90KY>

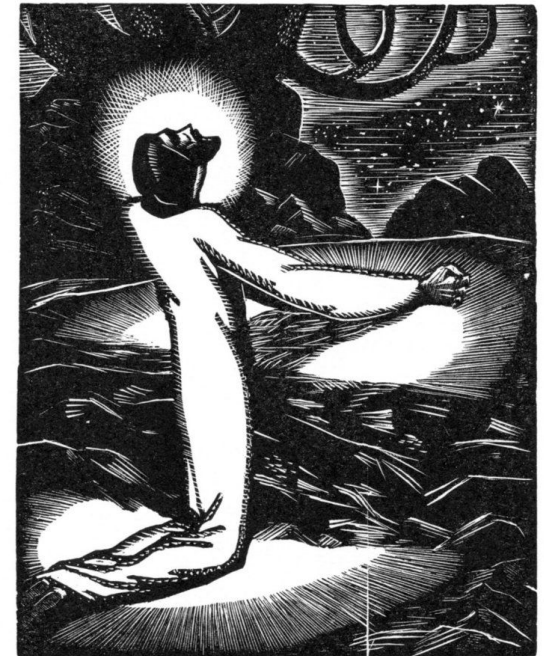
The Bible Project: The Psalms

<https://bibleproject.com/explore/video/psalms/>

Jesus and the Psalms

<https://www.youtube.com/watch?v=l8kT-N-fViY>

Jesus' Prayers Our Prayers: Reading the Psalms Together



Summer 2023

Reading the Psalms

"The Psalms are the single best guide to the spiritual life currently in print." – **Ellen Davis, Getting Involved with God**

"The Psalms are inexhaustible, and deserve to be read, said, sung, chanted, whispered, learned by heart, and even shouted from the rooftops. They express all the emotions we are ever likely to feel (including some we hope we may not), and they lay them, raw and open, in the presence of God." – **N. T. Wright, Simply Christian**

For many of us, the Psalms can be an intimidating book. As the largest book in the Bible, the Psalms include a great variety of material, some of which feels familiar, like the beloved words of Psalm 23, but much of which feels baffling or disconcerting, like the tediously repetitive Psalm 119 or the seeming cruelty of Psalm 137.

But if God has given us the psalms in order to teach us how to pray, how to worship, and how to live faithfully in the world, then a little guidance may help us to get the most out of the psalms, what Martin Luther called the "Little Bible." Here then are some ways to help you read the psalms for all they're worth.

1. Pay attention to the whole of a psalm, not just the parts of a psalm.

While many of us may be tempted to read and pray only parts of a psalm, it is important to remember that God has given us whole psalms in order to teach us specific things about the character of God and about what it means to be truly human. Note any special patterns that exist between Psalms.

2. Read the Psalms out loud, not just silently.

Because the psalms originate in an oral culture, we can only fully appreciate their power when we read them out loud, rather than only to ourselves in the quiet of our own thoughts.

3. Pray the Psalms together with others.

The psalms are meant to be shared together, not just read by ourselves. In this way, the psalms protect us from thinking that they're only about other people or only about ourselves.

4. Immerse yourself in the metaphors and images of the Psalms.

A metaphor, as you might remember from your high school English class, is a figure of speech whereby we speak of one thing in terms of another, usually in surprising ways. For example: "Juliet is the sun," "the church is a temple," or "God is our rock." In the psalms, the truth about God does not exist on the other side of a metaphor; it exists through the metaphor. Metaphors disclose things about God that could not be known in any other way. For example, to encounter the Lord as shepherd, therefore, is to encounter him in a richly meaningful way. No other image will do the job quite the same—not "God is my caretaker," not "God is my protector," only "the Lord is my shepherd."

5. The characteristic mark of poetry in the Psalms is parallelism.

One of the general features of biblical poetry is that it says things in the tersest way possible; it is not a flowery style. You'll also find that biblical poetry involves a great deal of repetition—or what biblical scholars call "parallelism." You might think of it like a kind of call-and-response device: one line calls out to another, expecting it to respond, positively, negatively or otherwise.

What's the point of this poetic parallelism? The point is not merely to repeat things. The point is to make it possible for us to enter into a richly meaningful dialogue with God and with one another—from the heart of the psalmist to God and from the psalmist to the community. As it relates to prayer, what parallelism makes possible is for the heart to sink itself deeply into the psalmist's words and to savour the words themselves as a way to attune our hearts to the voice of God.

Anyone who spends time with children will know that it is only through constant repetition that things stick in the brain and make their way into the heart, whether it is the alphabet or the names of presidents. So too with the psalms. They invite us to repeat things not for the sake of repetition itself, but in order to soak our hearts with what is true about God and ourselves and the world around us.

Scripture Reading Schedule

Week 1: June 26 - July 2

Monday	Psalm 1-5
Tuesday	Psalm 6-8
Wednesday	Psalm 9-11
Thursday	Psalm 12-14
Friday	Psalm 15-17
Saturday	Psalm 18

Week 2: July 3-9

Monday	Psalm 19-21
Tuesday	Psalm 22-23
Wednesday	Psalm 24-26
Thursday	Psalm 27-29
Friday	Psalm 30-31
Saturday	Psalm 32-34

Week 3: July 10-16

Monday	Psalm 35-36
Tuesday	Psalm 37
Wednesday	Psalm 38-40
Thursday	Psalm 41-43
Friday	Psalm 44-46
Saturday	Psalm 47-49

Week 4: July 17-23

Monday	Psalm 50-52
Tuesday	Psalm 53-55
Wednesday	Psalm 56-58
Thursday	Psalm 59-61
Friday	Psalm 62-64
Saturday	Psalm 65-67