

A Monthly Schedule for Praying through the Psalms

From *The Book of Common Prayer*; read one or more psalms selected by the schedule.

"The practice of Christians in praying the Psalms is straightforward: simply pray through the Psalms, psalm by psalm, regularly. John Calvin expressed the consensus of the praying church when he wrote that the Psalms are "the design of the Holy Spirit... to deliver to the church a common form of prayer."

That's it: open our Bibles to the book of Psalms and pray them – sequentially, regularly, faithfully across a lifetime. This is how most Christians for most of the Christian centuries have matured in prayer. Nothing fancy. Just do it. The praying itself is deliberate and leisurely, letting (as St. Benedict directed) the motions of the heart come into harmony with the movements of the lips."

Eugene Peterson, (Answering God, *The Psalms as Tools for Prayer*) p. 7

DAY	MORNING	EVENING
1	1-5	6-8
2	9-11	12-13
3	14-17	18
4	19-21	22-23
5	24-26	27-29
6	30-31	32-34
7	35-36	37
8	38-40	41-43
9	44-46	47-49
10	50-52	53-55
11	56-58	59-61
12	62-64	65-67
13	68	69-70
14	71-72	73-74
15	75-77	78
16	79-81	82-85
17	86-88	89
18	90-92	93-94
19	95-97	98-101
20	102-103	104
21	105	106
22	107	108-109
23	110-113	114-115
24	116-118	119:1-32
25	119:33-72	119:73-104
26	119:105-144	119:145-ff
27	120-125	126-131

28
29
30

132-135
139-140
144-146

136-138
141-143
147-150