

Reading Plan for July

Book of Psalms

Preparing Your Heart for This Reading Plan

This month, we will journey through the book of Psalms, a collection of prayers, songs, and cries of the heart that teach us how to relate to God in every season. Psalms gives language to our worship, our grief, our repentance, our joy, and our trust. As you read, *allow these prayers to shape your own*. The Psalms remind us that God welcomes honesty and draws near to those who call on Him.

This reading plan is designed to be completed in **28 days**, allowing space for daily reading, journaling, and weekly reflection through devotions. Ask the Lord to form your heart in worship and deepen your trust in Him. At the end of the month, we will gather at **“At The Table”** to reflect together on what God has stirred in us through this journey.

About the Book Psalms

Authors: Primarily David, along with Asaph, the sons of Korah, Solomon, Moses, and others.

Content Overview: Psalms is divided into five books and includes:

- Songs of worship and praise
- Laments in seasons of sorrow
- Prayers of repentance
- Psalms of thanksgiving
- Messianic prophecies pointing to Christ
- Declarations of God’s kingship and sovereignty

The Psalms reveal God as **Shepherd, Refuge, King, Deliverer**, and **Faithful Covenant-Keeper**. They teach us that worship is not confined to perfect moments, it flows from real, surrendered hearts.

Reading Plan Overview

Duration: 28 days of daily Scripture reading

Weekly: One devotion per week

Encouragement: Journal what the Lord reveals to you

Gathering: Join us at the end of the month at *“At The Table”* for discussion and shared reflection

WEEK ONE

Day 1: Psalms 1 - 6

Day 2: Psalms 7 - 13

Day 3: Psalms 14 - 18

Day 4: Psalms 19 - 23

Day 5: Psalms 24 - 29

Day 6: Psalms 30 - 34

Day 7: Psalms 35 - 38

Devotion

Psalm 23 was written during a time of great adversity in David's life, likely while he was fleeing from enemies, such as King Saul or during Absalom's rebellion. Yet in the midst of uncertainty, David makes the declaration: "*The Lord is my shepherd.*" David understood what that meant. As a shepherd himself, he knew the responsibility to lead, protect, provide, and care for the sheep. And with that same confidence, he trusted that God would do the same for him, not only in times of peace, but especially in the **darkest valleys**.

Reflection

A psalm is simply a prayer poured out honest, raw, and rooted in trust. In the midst of your current "darkest valley," take a few moments to **write your own psalm to the Lord**. Speak honestly, but anchor it in who He is your Shepherd, your provider, your ever-present help.

WEEK TWO

Day 7: Psalms 39 - 44

Day 8: Psalms 45 - 50

Day 9: Psalms 51 - 55

Day 10: Psalms 56 - 61

Day 11: Psalms 62 - 67

Day 12: Psalms 68 - 69

Day 13: Psalms 70 - 73

Day 14: Psalms 74 - 76

Devotion

In Psalm 63, David speaks from a place of deep hunger (not for comfort, safety, or even relief), but for God Himself. He declares that God satisfies him more than the richest feast, revealing a heart that values the Lord above every earthly pleasure or provision. David reminds us that true satisfaction is not found in what this world offers, but in the presence of God alone.

Reflection

What “riches” of this life (rest, pleasure, goals, or relationships) am I pursuing more than God’s presence? And if I confess that God is my satisfaction; What needs to change today for me to truly live as if He is my greatest satisfaction?

WEEK THREE

Day 15: Psalms 77 - 80

Day 16: Psalms 81 - 86

Day 17: Psalms 87 - 91

Day 18: Psalms 92 - 96

Day 19: Psalms 97 - 101

Day 20: Psalms 102 - 106

Day 21: Psalms 107 - 114

Devotion

Psalms 90 reminds us how brief our lives truly are; here today and gone tomorrow. Yet it’s so easy to spend our days chasing what is temporary, what will not last. But Psalm 91 shifts our focus. It lifts our eyes to the One who is eternal, the only true source of fulfillment. What we pursue daily reveals ultimately where our focus is. Will we live for what is fading, or for what is eternal? Between these two Psalms lies a quiet but powerful tension

Reflection

Are the decisions you’re making today, for this week, this month, and the next season of your life; shaped by eternity? Or are they driven by what is temporary and one day will be gone?

WEEK FOUR

Day 22: Psalms 115 - 119

Day 23: Psalms 120 - 126

Day 24: Psalms 127 - 135

Day 25: Psalms 136 - 139

Day 26: Psalms 140 - 145

Day 27: Psalms 146 - 149

Day 28: Psalms 150

Devotion

As we come to the final chapters of Psalms, one truth becomes clear: **every emotion has a place before God**. From joy and gratitude to sorrow, anger, fear, and longing, the Psalms hold nothing back. God did not create us to hide what is within us. Yet so often, we come to Him trying to sound right instead of being real, offering polished words

instead of honest hearts. But the Psalms show us a different way; a life of raw, unfiltered honesty before the Lord. –Like David, may we learn to come before God as we truly are, trusting that He already knows and still receives us with grace.

Reflection

What emotion are you carrying today that you've been holding back from God? Take a few moments to come before Him honestly.