

# 21 DAYS OF READING AND PRAYING THE PSALMS

*Take the next 21 days to set your mind and heart on God. Each day, read through the psalm and take time to reflect on what it tells you about who our God is and how we should respond to Him, including in prayer. We've provided a couple of prompts for intentional reflection and prayer each day.*

## DAY 1: READ PSALM 1

- How does Psalm 1 point us to God as the source of true wisdom, joy, strength, and fruitfulness?
- How do we abide in God so He can bear fruit in us?
- Thank God that He gave believers the Holy Spirit so we can understand God's Word and know Him.
- Ask God to show you what to eliminate or reduce so you can prioritize hearing from and knowing Him.

## DAY 2: READ PSALM 2

- What are some things Psalm 2 tells us about God?
- Think of one trial in your life and consider how you can experience God as your refuge (2:12) today.
- Thank God for His wisdom and goodness, power over the earth, and that we can take refuge in Him.
- Ask God to reveal any areas where your focus may be too much on the things of this world.

## DAY 3: READ PSALM 3

- What are at least five things God does in Psalm 3 for His people? How can you personally lean into experiencing Him in these ways?
- Thank God that He fights for you.
- Ask Him to defend and sustain you through the difficult issues in your life right now.

## DAY 4: READ PSALM 4

- In Psalm 4, how do you think David finds His joy and peace in God while in distress?
- How can you better set your hope, trust, and joy in God rather than earthly things that will falter?
- Confess things of this world you've been trusting in other than God. Ask God to increase your faith, peace, and gladness that is found only in Him.

## DAY 5: READ PSALM 5

- What are five ways God has showed favor and kindness toward you? Meditate on these today.
- What might it look like to allow God to lead you in righteousness and make your paths straight (5:8)?
- Thank God for His favor that surrounds you as a shield each day. Ask God to increase your desire to seek Him in the morning and throughout the day.

## DAY 6: READ PSALM 6

- When you are grieved or discouraged, do you talk to God with this kind of honesty? Why or why not?
- What is one burden or pain you need to talk with God about in prayer today?
- Give praise to God that He hears and accepts your prayers (6:9) you bring to Him.

## DAY 7: READ PSALM 7

- How does David's trial and being wronged reveal to Him reasons to thank and praise God (7:17)?
- How can trials and pain cause you to run to God as a refuge rather than running to other things for refuge?
- Reflect on a trial you know God delivered you from and thank Him for that.
- Ask God for strength in your current trials and to teach you through them.

## DAY 8: READ PSALM 8

- What are some of the things in Psalm 8 that lead us to consider the majesty of God?
- Why do we need to continually remind ourselves of the majesty, glory, power, and goodness of God?
- Use this Psalm to spend time praising God for who He is and how he cares for you.

## DAY 9: READ PSALM 9

- What are reasons for praising God in Psalm 9?
- Meditate on or write out Psalm 9:9-10. Keep these verses before you or in mind today and reflect on how God has been or can be a stronghold for you.
- Thank God that He is able to bring evil to an end and bring justice to your own difficult situations.

## DAY 10: READ PSALM 10

- How does Psalm 10 help us understand God?
- While the psalm starts with the psalmist's feelings and perception (God *feels* hidden), why is it important to remind ourselves of the *truth*—that God really does see (10:14) and hear us (10:17)?
- Thank Him for a reminder that He sees, His power is above all, and He defends the weak with justice.

### **DAY 11: READ PSALM 11**

- How does God test or try us for our good?
- If God is righteous and delights in righteousness, how should this lead us to confess our sins and flee to Jesus as our righteousness?
- Thank God for His forgiveness and ask for help to follow Him with your whole heart.

### **DAY 12: READ PSALM 12**

- What are ways our words get us into trouble?
- How does this Psalm reflect seeking God's protecting and preserving His people even in the midst of an evil and decaying world?
- Spend time thanking God that you belong to His family through the work of Jesus Christ and that He defends you as His people.

### **DAY 13: READ PSALM 13**

- What is the difference between lamenting to God in trust versus complaining to God that lacks trust?
- How do you trust specifically in God's steadfast love (13:5), even in pain or hardship (13:1-4)?
- Thank God that He allows us to pour out our hearts to Him in honesty.
- Ask that He help you trust Him fully, especially in the things you don't understand.

### **DAY 14: READ PSALM 14**

- What does Psalm 14 tell us about God?
- What are ways believers might in practice deny the presence and activity of God in their lives?
- Use verses 5-6 as your prayer of thanksgiving.
- Pray that you would know and live in mind of God's existence, character, work, and promises.

### **DAY 15: READ PSALM 15**

- If Psalm 14 describes the foolishness of denying God, what are some of the actions of a wise person who believes in God and lives accordingly?
- Praise God that He helps us live according to the ways of Psalm 15. Pray these attributes over your own heart and the hearts of your loved ones today.

### **DAY 16: READ PSALM 16**

- What are at least four phrases referring to our joy or good being in God?
- What is one way you could better know and experience the joy found in God?
- Thank God that He is our chosen portion and that His plans and purposes for us are good (16:6).
- Pray back Psalm 16:11, asking for God to help you see how your path and your joy are found in Him.

### **DAY 17: READ PSALM 17**

- Reflect on verse 8. How are we the "apple of God's eye" and what does it mean that we hide in the "shadow of His wings" (17:8)?
- How can you apply this Psalm to trust God when you feel wronged, attacked, or hurt by others?
- Thank God that He hears our cries, delights in us, protects us, and offers us shelter in His wings.
- Pray that when others wrong you, your response would be to find refuge, comfort, and help in God.

### **DAY 18: READ PSALM 18**

- Of the many attributes and actions of God in this psalm, which ones stood out to you? Why?
- The psalm mentions God being our rock multiple times. In what sense is God our rock, and how can we experience Him in this way more?
- Thank God for all the ways He rescues, protects, and provides for us. Pray that you would look to God alone stability and strength.

### **DAY 19: READ PSALM 19**

- How can you better see and enjoy God's glory revealed to us in creation?
- How can you better see and enjoy God's glory revealed to us in Scripture?
- Thank God for making Himself known in His world but making Himself—and His redemption—even more clearly known in His Word.
- Pray for God to stir in you a greater appetite to know and delight in Him through His Word and world.

### **DAY 20: READ PSALM 20**

- How does this Psalm reflect the author's trust in God above all?
- What are things, other than God, you are tempted to trust in? How can you redirect your trust from these things onto God?
- Thank God for His faithfulness, power, wisdom, strength, and trustworthiness.
- Ask God to reveal any earthly things you put your trust in where He alone should receive it.

### **DAY 21: READ PSALM 21**

- How can you rejoice in or exult (delight) in God's mercy and grace to you in salvation?
- What are ways God has blessed you or cared for you as a believer?
- Thank God for the reminders from His Word of who He is and how we are blessed in Him.
- Pray that you would find your strength (17:1), salvation (17:1), fulfillment (17:2), blessings (17:3), life (17:4), joy (17:6), stability (17:7), and defense (17:8-12) in God alone.