

Tools How to Read And Pray the Psalms

By Phil Sovdi

Multiple years ago I was given this method of reading the Psalms. It is almost that they are meant to be read this way. Many mornings, when I needed it most, this method imparted their riches into my life.

Why read the scriptures, or more specifically the Psalms?

This book of Psalms is so gritty. It is full of real life and real life emotions. When you read, try to use a modern version such as NIV or The Message. Read the book with this method everyday for a month. Then, read it again in another translation the next month. This book will revitalize your spiritual life and your connection with God's work in your life.

"Great peace have they who love your law, and nothing can make them stumble." (Ps. 119:165, NIV)

"The unfolding of your words gives light; it gives understanding to the simple." (Ps. 119:130, NIV)

"My prayer is not that you take them (disciples, 'my insert') out of the world but that you protect them from the evil one. They are not of the world, even as I am not of it. Sanctify them by the truth; your word is truth. As you sent me into the world, I have sent them into the world. For them I sanctify myself, that they too may be truly sanctified. "My prayer is not for them alone. I pray also for those who will believe in me through their message," (John 17:15-20, NIV)

How To Use This Tool:

Simply go off the day of the month that you are currently in. The example below would be for the **22nd** of any given month. Each day you will read 5 Psalms per day.

Read the Psalm that corresponds with the day **22nd**, then add 30 and read the next, so in this example read the **52nd**, then add 30 and read the **82nd** then add 30 and read **112th** and one more add 30 and read Psalm **142**.

If you do this each day you will read the entire book of Psalms in a month. The only exception will be on the 29th day of the month and the 31st. You

Example Day – the 22nd of the month.

Psalm 22^o

For the director of music. To the tune of “The Doe of the Morning.” A psalm of David.

- ¹ My God, my God, why have you forsaken me?
Why are you so far from saving me,
so far from my cries of anguish?
- ² My God, I cry out by day, but you do not answer,
by night, but I find no rest.
- ³ Yet you are enthroned as the Holy One;
you are the one Israel praises.
- ⁴ In you our ancestors put their trust;
they trusted and you delivered them.
- ⁵ To you they cried out and were saved;
in you they trusted and were not put to shame.
- ⁶ But I am a worm and not a man,
scorned by everyone, despised by the people.
- ⁷ All who see me mock me;
they hurl insults, shaking their heads.
- ⁸ “He trusts in the LORD,” they say,
“let the LORD rescue him.
Let him deliver him,
since he delights in him.”
- ⁹ Yet you brought me out of the womb;
you made me trust in you, even at my mother’s breast.
- ¹⁰ From birth I was cast on you;
from my mother’s womb you have been my God.
- ¹¹ Do not be far from me,
for trouble is near
and there is no one to help.
- ¹² Many bulls surround me;
strong bulls of Bashan encircle me.
- ¹³ Roaring lions that tear their prey

open their mouths wide against me.

¹⁴ I am poured out like water,
and all my bones are out of joint.
My heart has turned to wax;
it has melted within me.

¹⁵ My mouth is dried up like a potsherd,
and my tongue sticks to the roof of my mouth;
you lay me in the dust of death.

¹⁶ Dogs surround me,
a pack of villains encircles me;
they pierce my hands and my feet.

¹⁷ All my bones are on display;
people stare and gloat over me.

¹⁸ They divide my clothes among them
and cast lots for my garment.

¹⁹ But you, LORD, do not be far from me.
You are my strength; come quickly to help me.

²⁰ Deliver me from the sword,
my precious life from the power of the dogs.

²¹ Rescue me from the mouth of the lions;
save me from the horns of the wild oxen.

²² I will declare your name to my people;
in the assembly I will praise you.

²³ You who fear the LORD, praise him!
All you descendants of Jacob, honor him!
Revere him, all you descendants of Israel!

²⁴ For he has not despised or scorned
the suffering of the afflicted one;
he has not hidden his face from him
but has listened to his cry for help.

²⁵ From you comes the theme of my praise in the great assembly;
before those who fear you I will fulfill my vows.

²⁶ The poor will eat and be satisfied;
those who seek the LORD will praise him—
may your hearts live forever!

²⁷ All the ends of the earth
will remember and turn to the LORD,
and all the families of the nations
will bow down before him,
²⁸ for dominion belongs to the LORD
and he rules over the nations.
²⁹ All the rich of the earth will feast and worship;
all who go down to the dust will kneel before him—
those who cannot keep themselves alive.
³⁰ Posterity will serve him;
future generations will be told about the Lord.
³¹ They will proclaim his righteousness,
declaring to a people yet unborn:
He has done it!

Footnotes:

- a. [Psalm 22:1](#) In Hebrew texts 22:1-31 is numbered 22:2-32.
- b. [Psalm 22:2](#) Or *night, and am not silent*
- c. [Psalm 22:3](#) Or *Yet you are holy, / enthroned on the praises of Israel*
- d. [Psalm 22:15](#) Probable reading of the original Hebrew text; Masoretic Text *strength*
- e. [Psalm 22:16](#) Dead Sea Scrolls and some manuscripts of the Masoretic Text, Septuagint and Syriac; most manuscripts of the Masoretic Text *me, / like a lion*
- f. [Psalm 22:25](#) Hebrew *him*

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Add 30 and Read

Psalm 52^u

For the director of music. A *maskil* of David. When Doeg the Edomite had gone to Saul and told him: “David has gone to the house of Ahimelek.”

¹ Why do you boast of evil, you mighty hero?
Why do you boast all day long,
you who are a disgrace in the eyes of God?

²You who practice deceit,
your tongue plots destruction;
it is like a sharpened razor.

³You love evil rather than good,
falsehood rather than speaking the truth.

⁴You love every harmful word,
you deceitful tongue!

⁵Surely God will bring you down to everlasting ruin:
He will snatch you up and pluck you from your tent;
he will uproot you from the land of the living.

⁶The righteous will see and fear;
they will laugh at you, saying,

⁷“Here now is the man
who did not make God his stronghold
but trusted in his great wealth
and grew strong by destroying others!”

⁸But I am like an olive tree
flourishing in the house of God;
I trust in God’s unfailing love
for ever and ever.

⁹For what you have done I will always praise you
in the presence of your faithful people.
And I will hope in your name,
for your name is good.

Footnotes:

- a. [Psalm 52:1](#) In Hebrew texts 52:1-9 is numbered 52:3-11.
- b. [Psalm 52:1](#) Title: Probably a literary or musical term
- c. [Psalm 52:3](#) The Hebrew has *Selah* (a word of uncertain meaning) here and at the end of verse 5.

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Add 30 and Read

Psalm 82

A psalm of Asaph.

- ¹ God presides in the great assembly;
he renders judgment among the “gods”:
- ² “How long will you defend the unjust
and show partiality to the wicked?”
- ³ Defend the weak and the fatherless;
uphold the cause of the poor and the oppressed.
- ⁴ Rescue the weak and the needy;
deliver them from the hand of the wicked.
- ⁵ “The ‘gods’ know nothing, they understand nothing.
They walk about in darkness;
all the foundations of the earth are shaken.
- ⁶ “I said, ‘You are “gods”;
you are all sons of the Most High.’
- ⁷ But you will die like mere mortals;
you will fall like every other ruler.”
- ⁸ Rise up, O God, judge the earth,
for all the nations are your inheritance.

Footnotes:

- a. [Psalm 82:2](#) The Hebrew is plural.
- b. [Psalm 82:2](#) The Hebrew has *Selah* (a word of uncertain meaning) here.

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Add 30 and Read

Psalm 112

- ¹ Praise the LORD.

Blessed are those who fear the LORD,
who find great delight in his commands.
²Their children will be mighty in the land;
the generation of the upright will be blessed.
³Wealth and riches are in their houses,
and their righteousness endures forever.
⁴Even in darkness light dawns for the upright,
for those who are gracious and compassionate and righteous.
⁵Good will come to those who are generous and lend freely,
who conduct their affairs with justice.
⁶Surely the righteous will never be shaken;
they will be remembered forever.
⁷They will have no fear of bad news;
their hearts are steadfast, trusting in the LORD.
⁸Their hearts are secure, they will have no fear;
in the end they will look in triumph on their foes.
⁹They have freely scattered their gifts to the poor,
their righteousness endures forever;
their horn will be lifted high in honor.
¹⁰The wicked will see and be vexed,
they will gnash their teeth and waste away;
the longings of the wicked will come to nothing.

Footnotes:

- a. [Psalm 112:1](#) This psalm is an acrostic poem, the lines of which begin with the successive letters of the Hebrew alphabet.
- b. [Psalm 112:1](#) Hebrew *Hallelu Yah*
- c. [Psalm 112:9](#) *Horn* here symbolizes dignity.

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Add 30 and Read

Psalm 142⁹

A *maskil* of David. When he was in the cave. A prayer.

¹I cry aloud to the LORD;
I lift up my voice to the LORD for mercy.

²I pour out before him my complaint;
before him I tell my trouble.

³When my spirit grows faint within me,
it is you who watch over my way.
In the path where I walk
people have hidden a snare for me.

⁴Look and see, there is no one at my right hand;
no one is concerned for me.
I have no refuge;
no one cares for my life.

⁵I cry to you, LORD;
I say, "You are my refuge,
my portion in the land of the living."

⁶Listen to my cry,
for I am in desperate need;
rescue me from those who pursue me,
for they are too strong for me.

⁷Set me free from my prison,
that I may praise your name.
Then the righteous will gather about me
because of your goodness to me.

Footnotes:

- a. [Psalm 142:1](#) In Hebrew texts 142:1-7 is numbered 142:2-8.
- b. [Psalm 142:1](#) Title: Probably a literary or musical term

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