

## PRAYING THE PSALMS

### QUESTIONS TO THINK ABOUT:

- What emotions are you feeling?
- What do you want or need from God?
- What are you celebrating?
- What are you grateful for?
- What has caused you pain?
- How has God blessed you?
- Where have you experienced God's help in the past?
- How is your relationship with God?
- How are your relationships with others?

Note the verses you connect with. When you're ready to write, pull out your list, and you're ready to begin.

### MORNING PSALMS

1	2	3	4	5	9	10	11	15	16	17	19
20	21	24	25	26	30	31	35	36	38	39	40
44	45	46	50	51	52	56	57	58	62	63	64
68	71	72	75	76	77	79	80	81	86	87	88
90	91	92	95	96	97	102	103	105	107	110	111
112	113	116	117	118	120	121	122	123	124	125	132
133	134	135	139	140	144	145	146				

### EVENING PSALMS

6	7	8	12	13	14	18	22	23	27	28	29
32	33	34	37	41	42	43	47	48	49	53	54
55	59	60	61	65	66	67	68	70	73	74	78
82	83	84	85	89	93	94	98	99	100	101	104
106	108	109	114	115	119	119	119	126	127	128	129
130	131	136	137	138	141	142	143	147	148	149	150

## WRITING A PSALM OF PRAYER

What is your favorite Psalm? Why? When did you choose it? What was happening in your life at the time? Have you ever considered writing your own Psalm?

Howard Vanderwell asks, "If the psalms of Scripture breathe out of the anatomy of the psalmist's soul, as Calvin says, then why can't our own psalms do much the same?"

### HOW TO WRITE A PSALM OF PRAYER:

- Choose a Psalm as your template. If you have a favorite psalm, turn to it. If not, open your Bible to Psalm 61.
- Read the Psalm slowly. Savor the words. Notice the phrases. If possible, read it in several translations.
- Read the Psalm out loud. Listen to the poetry.
- Who is speaking?
- What is being spoken about?
- What do you feel?
- Where do you connect with the Psalm?
- What words or phrases catch your attention?
- Pray about the emotions you feel, your current situation, the people involved, healing, and/or resolution.
- Now write your own Psalm. Write the first line of your favorite Psalm or of Psalm 61. Personalize it with the details of your current circumstances. Continue line by line until you've completed the Psalm.
- Read your personal psalm back to God.