

Psalms Reading Plan

January-February 2023

We are starting our 2023 Bible Reading Plan with the Book of Psalms. Each day, we will be reading and meditating on one psalm, and the goal for this is to help us build the habit of Bible reading. For some of us, a daily reading might feel hard at first, but I want to encourage you to stick with it and persevere through it. To help you on this journey, here are some pointers to give you ideas on how to approach the reading.

- Who is God according to this psalm?
- Read each psalm out loud a few times. See if there are one or two verses that capture your attention.
- Take one verse and incorporate it into your prayer.

What are the Psalms?

The Book of Psalms is a collection of 150 poems written and composed by various authors throughout the history of the Israelites. These poems were later arranged into 5 books and became part of the worship and prayer liturgy of the community. What makes the Book of Psalms special is that they are our words to God. They are words written by those who are wrestling and reflecting the complexity of life in light of their faith. Each psalm in some sense seeks to answer the question of what it looks like to be God's people in the here and now.

This is why as you begin to read this book, you will soon find yourself encountering a wide range of emotions scattered throughout. You might read a thanksgiving psalm yesterday, a psalm of praise today, followed by five psalms of lament in the coming days. This scattered arrangement reminds us of the reality that the journey of living as God's people is never neat and tidy. It is always full of crests and troughs, thanksgivings and frustrations, and praises and laments. Each psalm then becomes a mentor for us in learning how to express our deepest desire to God as we wrestle with the joys and sorrows of following God each day.

Date	Reading	Read?
Wisdom: The Way of God		
Psalms: Book I		
1/1	Psalm 1	
1/2	Psalm 2	
1/3	Psalm 3	
1/4	Psalm 4	
1/5	Psalm 5	
1/6	Psalm 6	
1/7	Psalm 7	
1/8	Psalm 8	
1/9	Psalm 9	
1/10	Psalm 10	
1/11	Psalm 11	
1/12	Psalm 12	
1/13	Psalm 13	
1/14	Psalm 14	
1/15	Psalm 15	
1/16	Psalm 16	
1/17	Psalm 17	
1/18	Psalm 18	
1/19	Psalm 19	
1/20	Psalm 20	
1/21	Psalm 21	
1/22	Psalm 22	
1/23	Psalm 23	
1/24	Psalm 24	
1/25	Psalm 25	
1/26	Psalm 26	
1/27	Psalm 27	
1/28	Psalm 28	
1/29	Psalm 29	
1/30	Psalm 30	
1/31	Psalm 31	
2/1	Psalm 32	
2/2	Psalm 33	

2/3	Psalm 34	
2/4	Psalm 35	
2/5	Psalm 36	
2/6	Psalm 37	
2/7	Psalm 38	
2/8	Psalm 39	
2/9	Psalm 40	
2/10	Psalm 41	
Psalms: Book II		
2/11	Psalm 42	
2/12	Psalm 43	
2/13	Psalm 44	
2/14	Psalm 45	
2/15	Psalm 46	
2/16	Psalm 47	
2/17	Psalm 48	
2/18	Psalm 49	
2/19	Psalm 50	
2/20	Psalm 51	
2/21	Psalm 52	
2/22	Psalm 53	
2/23	Psalm 54	
2/24	Psalm 55	
2/25	Psalm 56	
2/26	Psalm 57	
2/27	Psalm 58	
2/28	Psalm 59	

Additional Resources:

- Bible Project: "The Book of Psalms"

