

Summer Guide to Reading the Psalms

- The Psalms have been both the prayer book and the songbook for people of faith for over two millennia. One of the reasons is that the Psalms touch on every dimension of life and represent some of the most “unfiltered” and “uncensored” writings in the Bible. The Psalms express the full range of emotion and, in the process, give us something deeper than a language for our feelings - they give voice to our spirit. This summer, let us tap into this enduring wellspring together and open this ancient hymnal filled with “Songs in the Key of Life.”
- Use the Psalms Summer Reading Plan to read through the entire book of Psalms over the course of the summer! (Each day’s readings add up to around 50 verses on average - that’s less 10 minutes a day!)
- Sound too ambitious? Stretch your reading through August and you only need to read through 1-2 psalms per day to make it through the entire book. Feeling *more* ambitious? Read 5 psalms a day and you’ll make it through the entire book in a month.
- More than any other book in the Bible, the psalms are *emotive*. Use the Feelings Wheel to identify the feelings and emotions that are being expressed throughout each psalm. (Want to get more creative? Use the colors of the Feelings wheel to color code the psalms in your Bible with colored pencils/pens.)
- In addition to being songs, the psalms are also prayers. Instead of reducing them to information *about* God, consider them a means of communication *with* God.
- The psalms are a resource to our faith, but they can also be a *prompt*. What’s stopping you from writing your own psalms?! Consider acquiring a journal (or using an online tool like Google docs) to create your own psalms this summer. Just remember - no emotions are off limits; the more unfiltered you are, the more like a psalm it will be.

As you read through the book of Psalms, use the blank spaces below to make your own “Greatest Hits of the Psalms” playlist. Which are your ten favorites?

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