


A Summer in the Psalms: Reading plan

The Psalms teach us how to think, feel, and act like Jesus by giving us words for every season of life.

WEEK 1

The Psalms: A Vocabulary for the Soul

 Read: Psalms 1, 2, 19, 119:1-16

The Psalms are more than songs. They are prayers, poems, laments, celebrations, and confessions that teach us how to bring our whole lives before God.

This week ask yourself:

What voice is shaping my life most right now?

WEEK 2

Hidden Seasons

 Read: Psalms 23, 8, 19, 131

Before David was a king, he was a shepherd.

God often does His deepest work in ordinary, unseen places.

This week's Psalms give us words for:


- trust
- contentment
- quiet faithfulness
- resting in God's care

Reflection:

 Where is God shepherding me today?

WEEK 3

Fear & Courage

 Read: Psalms 27, 56, 46, 121

Everyone faces giants.

Fear is real, but it doesn't have to have the final word.

These Psalms remind us:

- God is our refuge.
- God is our light.
- God is our help.

Reflection:

What fear do I need to bring honestly before God this week?

WEEK 4

When Life Falls Apart

 Read: Psalms 13, 22, 57, 142

The Psalms teach us that faith isn't pretending everything is okay.

Sometimes faith sounds like:

"How long, Lord?"

This week we learn the language of lament.

These Psalms give words for:


- grief
- loneliness
- disappointment
- hope in suffering

Reflection:

What burden have I been carrying alone?

WEEK 5

Failure & Grace

 Read: Psalms 32, 38, 51, 130

David's greatest failure became the setting for one of the Bible's greatest prayers of repentance.

The good news:

God meets honest confession with mercy.

These Psalms give words for:

- guilt
- confession
- forgiveness
- restoration

Reflection:

What am I still trying to hide from God?

WEEK 6

Waiting on God

 Read: Psalms 40, 42, 62, 63

Many of David's Psalms were written while waiting.

Waiting for rescue.

Waiting for answers.

Waiting for promises to be fulfilled.

These Psalms remind us:

God is still at work even when life feels unresolved.

Reflection:

What am I trusting God with while I wait?

WEEK 7

Celebration & Worship

📖 Read: Psalms 24, 84, 95, 122

Not every Psalm is a lament.

Many are overflowing with joy.

These Psalms give words for:

- praise
- celebration
- worship
- delight in God's presence

Reflection:

What has God done recently that deserves my gratitude?

WEEK 8

Remember & Praise

📖 Read: Psalms 103, 145, 90, 139

As David looks back on his life, he remembers God's faithfulness.

"Bless the Lord, O my soul, and forget not all His benefits."

This week:

Take time to remember.

Reflection:

What story of God's faithfulness do I want to pass on to the next generation?

Bonus: Finding a Psalm for Your Situation

When You Are Afraid

- Psalm 27
- Psalm 46
- Psalm 56
- Psalm 121

When You Feel Alone

- Psalm 13
- Psalm 22
- Psalm 142

When You Need Forgiveness

- Psalm 32
- Psalm 51
- Psalm 130

When You Are Waiting

- Psalm 40
- Psalm 42
- Psalm 62
- Psalm 63

When You Are Thankful

- Psalm 103
- Psalm 145
- Psalm 100

When You Need Wisdom

- Psalm 1
- Psalm 19
- Psalm 119

When Life Feels Out of Control

- Psalm 2
- Psalm 46
- Psalm 93

When You Need Hope

- Psalm 27
- Psalm 62
- Psalm 121