

I WILL BLESS THE LORD...

# PRAYING THE PSALMS

[TimLueking.Com](http://TimLueking.Com)

## The 30 Day Prayer Challenge

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One of the greatest blessings you can experience as a Christian is to connect with the Lord at a more intimate level. This is only done by deepening your prayer life. Over the centuries, the Book of Psalms has served as an inspiration and guide to help each Christian accomplish this great task.

"In the psalms, we have a collection of 150 prayers that were inspired originally by the Holy Ghost. If you want to know how God is pleased and honored in prayer, why not immerse yourself in the prayers that he himself has inspired?" — **R.C. Sproul**

The Psalms are the hymnbook and prayer book of the Bible, serving as a great tool to help us gain a deeper vocabulary for prayer. The Psalms help us see the majesty and wonder of the Lord in a rich and vibrant manner. They teach us to pray through imitation and response, and take us deeper into worship and reliance upon the Lord in times of trial and triumph.

Over the next four weeks, we will look at four different Psalms to help us discover how to develop a more intimate prayer life.

**To be a Christian without prayer is no more possible than to be alive without breathing. – Martin Luther**

## Prayer Calendar

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The 30 Day Prayer Challenge is designed to help you deepen your prayer life over the course of four weeks as you learn to pray over the following topics.

**Week #1 – “Prayer of Praise”** (Psalm 34, 65, & 138)

**Week #2 – “Prayer of Hope”** (Psalm 42, 71, & 125)

**Week #3 – “Prayer of Refuge”** (Psalm 91, 23 & 121)

**Week #4 – “Prayer of Rejoicing”** (Psalm 100, 103, & 148)

Each week you are provided with three specific Psalms, the one preached on Sunday as well as two others. We invite you to read each Psalm twice during the week using the instructions in the “Suggestions for Praying a Psalm” section of this booklet. As you read through the Psalm, look for ways to pray each Psalm twice during each week.

Join us on Sundays at 8 & 10:45 am over the next 4 weeks as we walk through and learn how to “Pray the Psalms.”

## Suggestions for Praying a Psalm

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The book of Psalms is a great place to start praying scripture. Within the Psalms, every human emotion is covered, from grief, despair, and confession to praise, joy, and thanksgiving. Timeless laments and evergreen praises, words that have been sung and prayed for thousands of years. Ancient words that still speak to our lives today.

Read through the Psalm slowly and notice the type of psalm you are reading. Is it a psalm of praise, lament, thanksgiving, confidence, or something else? Consider the context and try to hear the psalm as the Israelites would have heard it when they worshiped together in the temple.

Read through the Psalm again, this time choose key words, phrases, or a verse that draws you to further your reflection upon the Lord. Write down the key sections of the Psalm that you want to turn into a prayer on an index card and keep it in your Bible. Make it a family challenge or do it with a small group and begin praying the Psalms this week.

# 30 Days in the Psalms

## Your 30 Day Reading Plan

Enjoy the fullness of the Psalms by utilizing this 30 Day Reading Plan as you take the "30 Day Prayer Challenge."

DAY	THEME	PASSAGE
<input type="checkbox"/> DAY 1	Blessing	Psalms 34, 67, 72, 128
<input type="checkbox"/> DAY 2	Seeking the Lord	Psalms 4, 5, 22
<input type="checkbox"/> DAY 3	Confidence	Psalms 27, 36, 71, 125
<input type="checkbox"/> DAY 4	Work of the Lord	Psalms 9, 18, 118
<input type="checkbox"/> DAY 5	Doubt	Psalms 42, 73, 77
<input type="checkbox"/> DAY 6	Faithfulness of God	Psalms 119: 137-144, 105, 146
<input type="checkbox"/> DAY 7	Fear the Lord	Psalms 37, 49, 91
<input type="checkbox"/> DAY 8	Glory of God	Psalms 19, 24, 29
<input type="checkbox"/> DAY 9	God My Helper	Psalms 54, 115, 119:169-176
<input type="checkbox"/> DAY 10	Identity	Psalms 8, 139
<input type="checkbox"/> DAY 11	Justice	Psalms 7, 26, 82
<input type="checkbox"/> DAY 12	Reflection	Psalms 119:9-16, 41-48
<input type="checkbox"/> DAY 13	Mercy	Psalms 13, 28, 86
<input type="checkbox"/> DAY 14	Song	Psalms 6, 149, 150
<input type="checkbox"/> DAY 15	Creation	Psalms 50, 104, 147, 148

☐ <b>DAY 16</b>	Peace	Psalms 23, 133, 119:161-168
☐ <b>DAY 17</b>	Power of God	Psalms 68, 93, 135
☐ <b>DAY 18</b>	Praise	Psalms 65, 98, 138
☐ <b>DAY 19</b>	Prayer	Psalms 17, 20, 102
☐ <b>DAY 20</b>	Protection	Psalms 59, 62, 124
☐ <b>DAY 21</b>	Safety	Psalms 11, 16, 142, 46
☐ <b>DAY 22</b>	Rejoicing	Psalms 30, 47, 97
☐ <b>DAY 23</b>	Righteousness	Psalms 1, 15, 112
☐ <b>DAY 24</b>	Salvation	Psalms 3, 14, 121
☐ <b>DAY 25</b>	Repentance	Psalms 25, 32, 38, 51
☐ <b>DAY 26</b>	Thanksgiving	Psalms 75, 106, 136
☐ <b>DAY 27</b>	Trust	Psalms 31, 40, 56
☐ <b>DAY 28</b>	Victory	Psalms 21, 76, 144
☐ <b>DAY 29</b>	Wisdom	Psalms 90, 107, 111
☐ <b>DAY 30</b>	Worship	Psalms 33, 84, 145

More information about this series  
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