PSALMS
THE LANGUAGE of PRAYER

A 90 DAY PRAYER GUIDE

The Psalms are a wonderful gift that guide us into deep and meaningful relationship with God. They reveal God's character and His heart towards His people. As beautiful poetry, they help us see the world and life within it in new ways. They help us know how to handle heavy and at times consuming emotions. And even more, they provide ways of talking to God, ways inspired by God Himself, through all the seasons and experiences of life.

In the preface to His commentary on the book of Psalms, John Calvin says the Psalms are "an anatomy of all the parts of the soul, for there is not an emotion of which any one can be conscious that is not here represented as in a mirror. Or rather, the Holy Spirit has here drawn to the life all the griefs, sorrows, fears, doubts, hopes, cares, perplexities, in short, all the distracting emotions with which the minds of men are wont to be agitated."

Our desire is to grow as a Church in relating to God through these seasons of life, grow in our enjoyment of the presence of His Spirit, grow in our faithfulness in praying for and alongside one another, and grow as ones who demonstrate the joy and spiritual richness of life with Christ to a dry and searching world. We've prepared a 90-day guide that will be distributed each week with 2 Psalms listed for each day (one for the morning, one for the evening) and standard questions to help you as you offer these Psalms back to God in prayer. We invite you—read slowly. Let the questions help you digest the Psalm carefully. Consider memorizing a line or two of the passage. Make them personal in certain places. Then pray, wholeheartedly, the prayer God has given.

THIS WEEK'S PSALMS

Monday, Sept 9_____*Morning*—Psalm 1 | *Evening*—Psalm 4

Tuesday, Sept 10_____*Morning*—Psalm 5 | *Evening*—Psalm 9

Wednesday, Sept 11_____*Morning*—Psalm 119:1-32 | *Evening*—Psalm 11

Thursday , Sept 12_____*Morning*—Psalm 14 | *Evening*—Psalm 18

Friday, Sept 13_____*Morning*—Psalm 17 | *Evening*—Psalm 22

Saturday, Sept 14_____*Morning*—Psalm 20 | *Evening*—Psalm 24

Sunday, Sept 15_____*Morning*—Psalm 3 | *Evening*—Psalm 104:1, 22-33

QUESTIONS to CONSIDER about EACH PSALM

1) What is this Psalm about?
2) What is felt?
3) What is requested?
4) What is declared?

PHRASES about GOD or PETITIONS to GOD WORTH REMEMBERING or MEMORIZING

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