

Praying through the Psalms

Psalm Math- Take the Number of the Day X 5 and that will be the last Psalm you pray through. Minus 4 to get the 1st Psalm to pray through.(i.e. May 16th: 16 X 5= 80-4= 76; So pray through Psalm 76-80).

Day	Psalms	Day	Psalms
1	1-5	17	81-85
2	6-10	18	86-90
3	11-15	19	91-95
4	16-20	20	96-100
5	21-25	21	101-105
6	26-30	22	106-110
7	31-35	23	111-115
8	36-40	24	116-120
9	41-45	25	121-125
10	46-50	26	126-130
11	51-55	27	131-135
12	56-60	28	136-140
13	61-65	29	141-145
14	66-70	30	146-150
15	71-75	31	Pick a few of your favorites to pray through or play catch up for days you've missed
16	76-80		

Psalm Circle Model

P- Pick one verse

S- Say the verse aloud

A- Ask; Make a Request; Pray for around 30 seconds

L- Direct it to the Lord

M- Move on to the next person

Repeat with all 5 psalms