

Finding Our Voice
Praying the
Psalms

Develop a daily practice

One Psalm

One Pause

One prayer

A Daily Psalm Prayer Plan (8 Weeks)

How to use this plan (5–10 minutes a day):

1. Read the Psalm slowly (aloud if possible)
2. Pause on a word or phrase that stands out
3. Pray it back to God — in your own words
4. Rest briefly in God's presence.

A simple prayer to finish each day:

Glory be to the Father,
and to the Son,
and to the Holy Spirit;
as it was in the beginning,
is now, and shall be for ever. Amen.

There is no right or wrong way. Let the Psalm lead you.

Week 1 – Learning to Pray with God's Words

Letting Scripture shape our prayer

- Mon: Psalm 1
- Tue: Psalm 19:7–14
- Wed: Psalm 25:1–7
- Thu: Psalm 26:1–3
- Fri: Psalm 119:9–16
- Sat: Psalm 16
- Sun: Psalm 8

Prayer focus:

“Lord, teach me how to pray.”

Week 2 – Permission to Be Honest

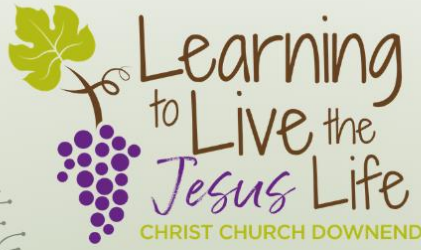
Praying when God feels distant

- Mon: Psalm 13
- Tue: Psalm 42
- Wed: Psalm 43
- Thu: Psalm 61
- Fri: Psalm 62
- Sat: Psalm 77:1–12
- Sun: Psalm 46

Prayer focus:

“God, this is how I really feel.”





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Week 6 – Praying Praise in All Seasons

Remembering who God is

- Mon: Psalm 103
- Tue: Psalm 111
- Wed: Psalm 113
- Thu: Psalm 145
- Fri: Psalm 146
- Sat: Psalm 147
- Sun: Psalm 150

Prayer focus:

“Bless the Lord, O my soul.”



Week 7 – Praying for Justice and the World

Widening our prayers

- Mon: Psalm 72
- Tue: Psalm 82
- Wed: Psalm 85
- Thu: Psalm 94:1–15
- Fri: Psalm 96
- Sat: Psalm 98
- Sun: Psalm 146

Prayer focus:

“Your kingdom come.”



Week 8 – A Life Shaped by Prayer

Living with God daily

- Mon: Psalm 63
- Tue: Psalm 84
- Wed: Psalm 116
- Thu: Psalm 127
- Fri: Psalm 131
- Sat: Psalm 139:1–12
- Sun: Psalm 139:23–24

Prayer focus:

“Search me, O God, and lead me.”

