



**Teach
us to
pray**



PRAYING THE PSALMS

EVERY CHRISTIAN should have a **MEANINGFUL** and **SATISFYING** prayer life.

For the next 30 days, I want to challenge you to pray through the book of Psalms. There are generally 30 days in a month and there are 150 psalms. That means you can look through five different psalms everyday, choose one, and then pray through it. I'll get into the how in a second. First, though, let's start with why!

A significant amount of the content in this booklet originated from the book Praying the Bible by Donald S. Whitney. You can find his book on Amazon if you'd like to read through it in its entirety.



**“God gave the Psalms to us
so that we would give the
Psalms back to God.”**

-Donald Whitney

**“By praying the Psalms back
to God, we learn to pray in
tune with the Father, Son,
and Holy Spirit.”**

-Ben Patterson

**“The Psalms: they are
designed to be prayed.”**

-Gordon Wenham

Why Pray the Psalms

“Prayers without variety eventually become words without meaning.”

-Donald Whitney

1— You’ll be praying the will of God.

Have you ever been praying and started wondering if what you’re asking is even in His will? **Well, when you pray the Word of God, the requests you send heavenward are significantly more likely to be aligned with the agenda of heaven.**

2— You’ll have greater confidence.

1 John 5:14-15 says that if we pray anything according to **His will**, we have confidence of being heard and our requests being granted. Guess what? His Word is His will. **When you pray His words back to Him, a tremendous confidence arises.** We call that faith!

3— You’ll find more inspiration

In Matthew 6:5-13, Jesus strongly admonishes us not to be **repetitive**. But how can we do that? I don’t know the whole answer, but praying the Psalms will help!

Hear me out. I bet most Christians would admit that they tend to come to God with the same basic version of the same basic prayer at the same basic time with the same basic energy. You know what I mean, the “Lord, I lay me down to sleep...” kind of prayers. Forgive me for being frank, but that kind of praying is lifeless, lacking vitality, and honestly, boring. **But by praying the Psalms, you’ll find yourself INSPIRED.** words filling your mouth and flooding your mind, culminating in a real deal prayer life.

4— You’ll be learning the Bible at the same time.

Not only will you be praying more inspired, but **you will be learning the Bible as you go.** Win win! When you focus on and engage with the Word of God in prayer, you’ll be activating your hippocampus, the part of your brain designed for memory formation. Simply put, you’ll significantly increase your chances of remembering it!

5— You'll actually pray longer

How many times have you bowed your head to pray listing everything you could think of for what felt like an eternity, only to look up to see that a mere two minutes had transpired? Let's be honest, most of us run out of words very quickly when it comes to prayer, so we need some help. **When you pray the Psalms, God is giving you words to pray back to Him.** I dare you to try it with a timer. Some of you are about to start spending some quality, extravagant time with God.

Pray Bold Prayers

Let us therefore come **BOLDLY** to the throne of grace, that we may obtain mercy and find grace to help in time of need.

-Hebrews 4:16



How To Pray the Psalms

When you pray the Psalms there is a supernatural quality to the Words of Scripture that you pray.

1— Choose a psalm of the day

Pretty simple, right. Yep! Now let me show you how we choose the psalm of the day.

Choosing the psalm of the day is based on taking the 150 psalms and dividing them by thirty days. That's where we get the five psalms per day. I know, I know, you didn't sign up for math class. Don't worry, I'll provide a cheat sheet next.

Here's how it works. The first psalm is the one that corresponds with the day of the month. If today is the fifteenth of the month, then your first psalm would be Psalm 15. On the fifteenth of the month, that's where you'll start.

To get your second psalm, you simply add thirty. Why thirty? Because there are thirty days in the month So thirty added to fifteen is forty five. Thus the second psalm is Psalm 45. After that you just keep adding thirty until you have five chapters to choose from (15, 45, 75, 105, 135). Once again, don't worry, the next section will have a chart!

Now that you have your five chapters, take thirty seconds to skim each one, then pick the one that speaks to you the most and that's your psalm of the day.

2— Pray through the psalm

That's it. Simply take it line by line and make a prayer out of it. If you read a line or a verse and nothing comes to mind, then move on to the next one. Do that until you've run out of time or run out of psalm.

3— Pray whatever comes to mind

Please listen closely here. This is not about perfectly interpreting the Bible or exegeting it for a theological doctorate. **It's about authentically engaging with God in prayer.** When you're praying, just pray for whatever comes to mind. Even if it seems weird. For instance, you might be praying through Psalm 130 verse 3: "If you, O Lord, should mark my iniquities, O Lord, who could stand it?" And when you see the work "mark," your friend Mark jumps in your mind. What should you do? Pray for Mark! I know that might sound silly, but literally pray for whatever comes to mind.

4— How to handle the weird verses

As you read through the book of Psalms, you're going to run into some verses that will raise your eyebrows, especially in an attempt to pray them back to God. For example:

"Happy the one who takes and dashes your little ones against the rock!" -Psalm 137:9

"O God, break the teeth in their mouths!" -Psalm 58:6

I don't know everything there is to know about the Bible, but I don't think we're supposed to dash babies on rocks or pray that God would break the teeth of the person who just cut you off in traffic.

So what do you do with these?

There's a theological word I want to teach you. It's the word you probably didn't use in a conversation recently but it's a powerful one. The word is: **Christocentric.**

What this means in essence is that we get the incredible privilege of viewing and interpreting Scripture through the lens of Jesus and the New Testament. When you come across a verse like that, give it a Christocentric spin by laying it against the backdrop of New Testament verses.

Maybe, you could look at Psalm 58:6 and connect that to Ephesians 6:12, "For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual host of wickedness in the heavenly places," asking God to break the teeth of the spiritual enemy, even dashing every plan satan has birthed against the rocks.

**Now that we've covered the "how to,"
let's take a look at the psalm chart.**



Psalm of the Day Chart

“We should pray when we are in a praying mood, for it would be sinful to neglect so fair an opportunity. We should pray when we are not in a proper mood, for it would be dangerous to remain in so unhealthy a condition.”

-Charles Spurgeon

Day of the Month	Psalms of the Day Are
1	1 31 61 91 121
2	2 32 62 92 122
3	3 33 63 93 123
4	4 34 64 94 124
5	5 35 65 95 125
6	6 36 66 96 126
7	7 37 67 97 127
8	8 38 68 98 128
9	9 39 69 99 129
10	10 40 70 100 130
11	11 41 71 101 131
12	12 42 72 102 132
13	13 43 73 103 133
14	14 44 74 104 134
15	15 45 75 105 135
16	16 46 76 106 136
17	17 47 77 107 137
18	18 48 78 108 138
19	19 49 79 109 139
20	20 50 80 110 140
21	21 51 81 111 141
22	22 52 82 112 142
23	23 53 83 113 143
24	24 54 84 114 144
25	25 55 85 115 145
26	26 56 86 116 146
27	27 57 87 117 147
28	28 58 88 118 148
29	29 59 89 119 149
30	30 60 90 120 150
31	119

Example Prayer

“Let God initiate the conversation by means of your Bible, and you simply respond to His words there.”

-Donald Whitney

Psalm 1:1-6

Verse 1 — Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful.

Prayer: Father, I know You want me to be blessed. I don't want to walk in the counsel of those who don't know You. Help me to recognize any bad advice or wrong thinking that I've accepted as truth. I want to be an influence to sinners but help me not to be influenced by them.

Verse 2 — But his delight is in the law of the Lord, and in His law he meditates day and night.

Prayer: My delight is in You, God. You are my joy. To get up early, spending time with You, is such a joy. I look forward to it everyday. Teach me to love You and put You first in all that I do. Not out of duty or obligation but out of pure joy and delight.

Verse 3 — He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper.

Prayer: Make me like this tree spiritually. Not only me, but my whole family. Help my home to be deeply rooted by the water of Your Spirit. When hard times come, I know it won't take us out because You will sustain us. Because we put You first, I thank You for causing everything we do to prosper, in Jesus name.

Verse 4 — The ungodly are not so, but are like the chaff which the wind drives away.

Prayer: Lord, I thank you that are helping me see the difference between Your ways and the ways of the ungodly. I do not want what they have. Do something in me that has substance and outlasts me.

Don't let my life be chaff in the wind. In You I live and move and find my being.

Verse 5 — Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous.

Prayer: Father, I'm grateful that You sent Jesus so that in the day of judgment, I can stand. There's nothing I could do on my own to stand but through Jesus, I look forward to the day I stand before You. You are teaching me to walk with You. For that I am so grateful. I live for that moment when You declare to me, "Well done!"

Verse 6 — For the Lord knows the way of the righteous, but the way of the ungodly shall perish.

Prayer: Father, I'm so grateful You know my ways, that You are teaching me to walk in right-ness. Your ways are right! Expose any areas in me that are ungodly. Let those actions and thoughts perish, so that I do not! I love You and am so grateful that You are setting everything right in my life.

NOW IT'S YOUR TURN!!!

But don't pray my words.
Find your voice with the Lord.

**Your prayer life is about to take on more life
and passion than you ever dreamed possible!**

+ More Bible Prayers

“If you have the Bible and the Holy Spirit, you have everything you need to experience a meaningful prayer life.”

-Donald Whitney

After you’ve prayed through Psalms, try praying through these additional Bible prayers!

THE LORD’S PRAYER

Matthew 6:9-13

The Lord’s prayer was not meant to be recited verbatim. Creating a model for launching into prayer was the Lord’s intention when He said, “In this manner, therefore, pray.”

PAUL’S PRAYERS

Ephesians 1:15-23

Ephesians 3:14-21

Philippians 1:9-11

Colossians 1:9-14

1 Thessalonians 3:11-13

Sprinkled throughout his letters, what we refer to as the Epistles, Paul penned several powerful, Spirit-led prayers that you can personalize for your time with Jesus.

“Paul’s prayers are touching, profound, eloquent, and loving; in addition, however, they are a guide to us in our own journey of faith.” -Gutenberg College



We ask **great things**
of a **great God.**

Confess your trespasses to one another, and pray for one another, that you may be healed. **The effective, fervent prayer of a righteous man avails much.**

James 5:16