

INTRODUCTION:

The Bible Project has a great overview of the book of Psalms at the following link:

<https://bibleproject.com/videos/psalms/>

JUNE 1: PSALM 1-2

The majority of the Psalms in books 1-3 are Psalms of lament, expressing sorrow. However, there are also Psalms of praise sprinkled throughout. Notice the pattern of the lament Psalms; they pair the writer's present despair with remembrance of God's past faithfulness. Out of these two realities emerges hope for the future. All of the laments end with an expression of hope in God.

The lament Psalms teach us that we don't have to ignore our pain and frustrations, but rather, they give us a healthy way to express them to God. God invites us to cast our anxieties on Him as we remind ourselves that He is faithful and He will fulfill His promises.

We can follow the example of the lament writers and proclaim the good news of Jesus to ourselves over our hurt, because He is greater and He has overcome (John 16:33).

BOOK 1

JUNE 2: PSALM 3-5

JUNE 3: PSALM 6-8

JUNE 4: PSALM 9-11

JUNE 5: PSALM 12-14

JUNE 8: PSALM 15-17

JUNE 9: PSALM 18-20

JUNE 10: PSALM 21-23

JUNE 11: PSALM 24-26

JUNE 12: PSALM 27-29

JUNE 15: PSALM 30-32

JUNE 16: PSALM 33-35

JUNE 17: PSALM 36-38

JUNE 18: PSALM 39-41

BOOK 2

JUNE 19: PSALM 42-44

JUNE 22: PSALM 45-48

JUNE 23: PSALM 49-51

JUNE 24: PSALM 52-54

JUNE 25: PSALM 55-57

JUNE 26: PSALM 56-58

JUNE 29: PSALM 61-63

JUNE 30: PSALM 64-66

JULY 1: PSALM 67-69

JULY 2: PSALM 70-72

BOOK 3

JULY 3: PSALM 73-75

JULY 6: PSALM 76-78

JULY 7: PSALM 79-81

JULY 8: PSALM 82-84

JULY 9: PSALM 85-87

JULY 10: PSALM 88-89

In books 4 and 5, praise Psalms outnumber the laments, culminating in the hallelujah conclusion of Psalms 146-150, that all begin and end with the phrase "Praise the Lord." Look for themes of hope in these books, including God as king over creation, the future messianic kingdom, and victory over evil.

BOOK 4

JULY 13: PSALM 90-92

JULY 14: PSALM 93-96

JULY 15: PSALM 97-100

JULY 16: PSALM 101-103

JULY 17: PSALM 104-105

JULY 20: PSALM 106

BOOK 5

JULY 21: PSALM 107-108

JULY 22: PSALM 109-111

JULY 23: PSALM 112-115

JULY 24: PSALM 116-118

JULY 27: PSALM 119:1-80

JULY 28: PSALM 119:81-176

JULY 29: PSALM 120-124

JULY 30: PSALM 125-128

JULY 31: PSALM 129-133

AUGUST 3: PSALM 134-137

AUGUST 4: PSALM 138-141

AUGUST 5: PSALM 142-144

AUGUST 6: PSALM 145-147

AUGUST 7: PSALM 148-150

WHY STUDY PSALMS?

Psalms has a special way of teaching us about God. As a book of poetry, it has the power to engage our emotions like no other book in the Bible. It gives us words to voice our pain, frustrations, fears, faith, hope, thanksgiving and praise to God. It provides comfort in times of trouble and hope for the future by illuminating the faithfulness of God. Psalms is also a book of wisdom, giving us insight into God's nature and providing instruction to live a life that pleases Him.

As we read this summer, let's consider how the words in each Psalm can help us

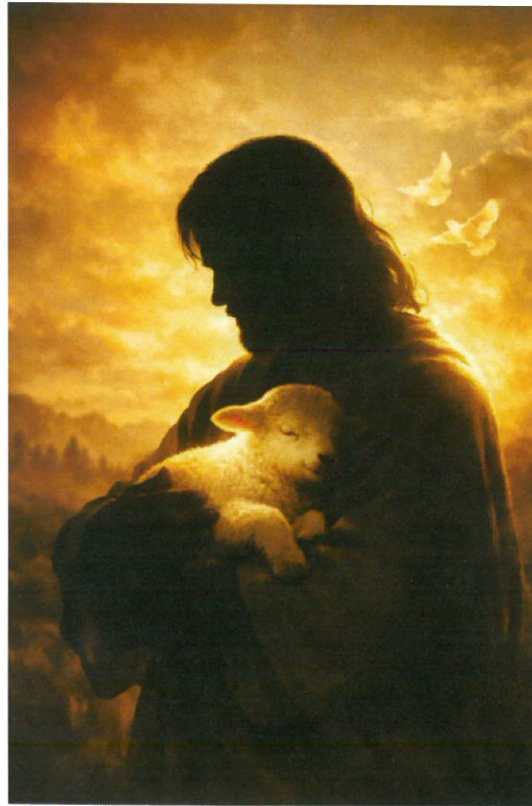
LOOK TO GOD...

- As our Creator, King and Savior
- When we are suffering
- For wisdom
- For faith over fear
- In praise
- In thanksgiving
- In repentance
- As our hope for the future

Think about what each Psalm teaches about God: His nature, power and sovereignty. What can we learn about creation and our place in it? How can we apply the Psalms to live a more faithful life?

Consider praying, singing, speaking or writing specific words from your favorite Psalms in worship to God and see how looking to God in this way can uplift our souls.

LOOK TO GOD



*My soul finds rest in God alone;
my salvation comes from Him.*

Psalm 62:1



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