

Exercise Week 2: Praying the Psalms With Eugene Peterson.

Pray Word for Word through Psalm 90

Remember to.....

- Read the entire passage before you try to pray through it.
- Read slowly.
- You are not just reading, you are praying.

Pray by Paraphrasing Psalm 19

- 1) Read the entire passage slowly.
- 2) Figure out where you think the stanza breaks are. Most English translations of the Bible will already have done this for you by inserting a space between lines where they think the stanza ends. (The NIV groups Verses 1-6 into a stanza, verses 7-9 into a stanza, verses 10-13 into a stanza, and verse 14 into a stanza).
- 3) Paraphrase the first stanza in your own words. Pray the idea that your paraphrase is communicating.
- 4) Repeat this process for all of the stanzas.

Pray by Meditating on Psalm 8

- 1) Read the entire passage slowly.
- 2) Go back to the beginning of the passage. Read the first sentence.
- 3) Meditate by asking...
 - 1) What does it mean?
 - 2) How can I thank God based on this?
 - 3) What can I confess based on this sentence?
 - 4) How can I praying for myself and others based on this sentence?
- 4) Continue this process through each sentence.

A proposed plan to pray through the Psalms in a month.

Below you will find the Book of Common Prayer method for reading through the Psalms in a month. You can use this method as a way to pray through the entirety of the Psalms. This method can be incredibly beneficial if done over and over for a considerable period of time.

The Psalms are broken into morning and evening readings.

In the morning, read through the selected Psalms. Choose one to pray through using the methods described above.

In the evening, read through the selected Psalms. Choose one to pray through using the methods described above.

Day	Morning Reading	Evening Reading
1	1-5	6-8
2	9-11	12-13
3	14-17	18
4	19-21	22-23
5	24-26	27-29
6	30-31	32-34
7	35-36	37
8	38-40	41-43
9	44-46	47-49
10	50-52	53-55
11	56-58	59-61
12	62-64	65-67
13	68	69-70
14	71-72	73-74
15	75-77	78
16	79-81	82-85
17	86-88	89
18	90-92	93-94
19	95-97	98-101
20	102-103	104
21	105	106
22	107	108-109
23	110-113	114-115
24	116-118	119:1-32
25	119:33-72	119:73-104
26	119:105-144	119:145-ff
27	120-125	126-131
28	132-135	136-138
29	139-140	141-143
30	144-146	147-150

