

Praying the Psalms

When You Need to Be Still or Focused on God

- Psalm 23 – “The Lord is my shepherd...” — a prayer of rest, trust, and belonging.
- Psalm 46 – “Be still and know that I am God.” — when the world feels chaotic.
- Psalm 131 – a short prayer of calm and childlike humility.
- Psalm 16 – a prayer of confidence in God’s presence and guidance.

When You’re Hurting or Grieving

- Psalm 13 – “How long, O Lord?” — honest lament with a turn toward trust.
- Psalm 42 – “Why, my soul, are you downcast?” — longing for God in the midst of sorrow.
- Psalm 77 – Remembering God’s past faithfulness when He feels silent.
- Psalm 34 – “The Lord is close to the brokenhearted.”

When You Need Forgiveness or Renewal

- Psalm 51 – David’s prayer of repentance: “Create in me a clean heart.”
- Psalm 32 – The joy of being forgiven.
- Psalm 139:23–24 – “Search me, O God...” — a prayer of self-examination.

When You’re Grateful or Joyful

- Psalm 100 – A short, exuberant call to thanksgiving.
- Psalm 103 – “Bless the Lord, O my soul...” — gratitude for God’s mercy.
- Psalm 145 – A sweeping praise for God’s greatness and goodness.
- Psalm 8 – awe and wonder at creation and God’s care for humanity.

When You Feel Afraid or Under Attack

- Psalm 27 – “The Lord is my light and my salvation.”
- Psalm 91 – Confidence in God’s protection.
- Psalm 121 – “I lift my eyes to the hills—where does my help come from?”
- Psalm 3 – Courage in the face of enemies and adversity.

When You’re Struggling or Repentant

- Psalm 25 – Guidance and mercy for those who stumble.
- Psalm 40 – Waiting patiently for God to lift you out of the pit.
- Psalm 73 – Wrestling with envy and the seeming success of the wicked.
- Psalm 86 – A humble cry for mercy and strength.

When You Want to Worship

- Psalm 24 – “The earth is the Lord’s...” — a majestic call to worship.
- Psalm 19 – Creation and Scripture declaring God’s glory.
- Psalm 145–150 – The crescendo of praise that closes the Psalter.
- Psalm 150 – The grand finale: “Let everything that has breath praise the Lord.”

When You’re Leading Others in Prayer or Worship

- Psalm 67 – “May God be gracious to us...” — a missional blessing.
- Psalm 90 – Moses’ prayer for wisdom and God’s favor across generations.
- Psalm 115 – “Not to us, Lord, not to us, but to your name be the glory.”
- Psalm 126 – Thanksgiving for God’s restoration, mixed with hope for renewal.