

Summer in the Psalms

Written by Pastor Harlan

You have accepted the challenge to spend your summer in the Psalms. This will be an enriching time for your soul as you draw close to the Lord as he draws near to you. There are 150 chapters in the Psalms. The Hebrews divided the Psalms into 5 books. It's possible they did this to imitate the Pentateuch (First Five Books of the Bible). Each week you will read one of these books before Sunday. Week 3 and 7 will be different. You will focus on one Psalm and Reflect on it during that week (Instructions attached to the reading guide). It would take 5 hours to read all 150 chapters of The Psalms, but if you break it up during the summer you could spend 20-30 mins 5 days a week in your morning routine or before you go to bed. There are also other options you could choose to follow depending on the season of life you're in.

Level 1: Read the Memory Passages only before Sunday and follow the Reflection Guide for weeks 3 and 7.

Level 2: Follow the Reading Plan, but only memorize one or a few verses of your choice from the memory passages and follow the Reflection Guide.

Level 3: Follow The Reading plan, Memory Passages, and Reflection Guide weeks as written below.

Memory Passages: You will memorize the Psalm or (verse) of the Psalm the sermon will be on for that week depending on commitment chosen.

June 10-15: Psalm 23, June 17-22: Psalm 42, June 24-29: Psalm 90, July 1-6: Psalm 83:13-18,
July 8-13: Psalm 103:1-5 July 15-20: Psalm 110 July 22-27: Psalm 139

Reading Plan on Back

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	Book 1 June 10-15 Psalms 1-41	Book 2 June 17-22 Psalms 42-72	Reflection #1 June 24-29 Psalm 90	Book 3 July 1-6 Psalms 73-89	Book 4 July 8-13 Psalms 90-106	Book 5 July 15-20 Psalms 107-150	Reflection #2 July 22-27 Psalm 139
Day 1	Psalms 1-7	Psalms 42-47	Psalms 90:1-2	Psalms 73-75	Psalms 90-92	Psalms 107-115	Psalms 139:1-6
Day 2	Psalms 8-16	Psalms 48-53	Psalms 90:3-6	Psalms 76-79	Psalms 93-96	Psalms 116-123	Psalms 139:7-12
Day 3	Psalms 17-25	Psalms 54-60	Psalms 90:7-8	Psalms 80-82	Psalms 97-99	Psalms 124-132	Psalms 139:13-18
Day 4	Psalms 26-34	Psalms 61-66	Psalms 90:9-11	Psalms 83-86	Psalms 100-103	Psalms 133-141	Psalms 139:19-22
Day 5	Psalms 35-41	Psalms 67-72	Psalms 90:12-17	Psalms 87-89	Psalms 104-109	Psalms 142-150	Psalms 139:23-24

Reflection Guide (Week 3 & 7): It's time to slow down during these weeks. You are going to be challenged to "Meditate on the Law of the Lord." Read the verses set apart for the corresponding day and then re-read them. After that, read them again. Talk to the Lord and ask him to reveal himself to you through his word. Read phrase by phrase and allow that to speak to your heart. For example, Psalm 90:1 says "Lord, you have been our dwelling place in all generations." Break it up. Think about the Lord, that means "my king and ruler of my life." Think about our dwelling place. That means, "God is my home, he is my shelter, and I find my rest in him..." Then talk to God, "Lord, thank you that I have comfort and security in you, my king." Continue that process throughout the reading for the day phrase by phrase, word by word. This shows us how we can grow closer in our relationship with God through prayer and his word. This will be the same process for both reflection weeks.