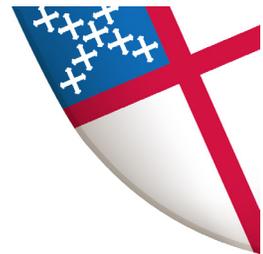


THE
PSALMS
CHALLENGE



30
days



Schedule for Reading the Psalms From The Book of Common Prayer

The schedule for the Psalms in this booklet has remained the same in every Book of Common Prayer since 1549, whether Anglican or American Episcopalian. It was included in the first edition of the King James Bible. It was a revision of earlier schedules for reading the Psalms. Some of these went back another 1,000 years. Among other changes from these earlier traditions, this schedule is less ambitious. It only expects you to read the Psalms through once each month (rather than once a week or even once each day).

Even at a monthly pace, anyone who keeps to the schedule will, in time, come to know the Psalms rather well.

The book of Psalms contains 150 poems meant to be heard out loud and maybe set to music as part of a religious service.

There are 5 kind of psalms: praise, wisdom, royal, thanksgiving, lament.

Psalms of Praise generally focus on the nature of God and not on specific things He has done. They tell about God's attributes and encourage the believer to praise Him for his goodness, righteousness, judgement, and wisdom. They often refer to playing music or singing and rejoicing.

Psalms of Wisdom contain teachings and wise advise that are similar to the book of Proverbs, but in a form of a psalm. In studying the Psalms, we much remember that they were originally intended to be heard aloud, and perhaps to music. These general principals are meant to instruct believers on how to live a Godly life.

Royal Psalms express the belief the God does His will and good works through the authority a king. Sometimes, royal Psalms celebrate the coronation or good works of an earthly king. Other Psalms compare God to an earthly king and even point to the coming of God's son, Jesus.

Psalms of Thanksgiving offer the believer's praise and thanksgiving for what God has done for him or her. Sometimes this is a specific good that God has granted, but sometimes thanksgiving for Gods' goodness in general.

Psalms or Lament respond to a crisis, grief, despair. They are intended to move from believer from hurt tot joy. The type of Psalm expresses that God is present even when human beings cannot discern His presence in the world due to their own sufferings.

There are 4 kinds of prayer: adoration, contrition, thanksgiving, supplication.

Adoration Prayers express the believer's love of God and reverence for His goodness, wisdom, might, power, love, awe -inspiring nature. This is sometimes considered the purest and highest form of prayer.

Contrition Prayers express sorrow for sins that the believer has committed. The are an important part of Catholic history, often used in sacrament of penance.

Prayers of Thanksgiving express the believer's gratitude to God for specific blessings He has given to the individual or humanity, or for Hid goodness, holiness, and strength.

Prayers of Supplication express the believer's wish that God provide him or her with something he or she needs or desires. This is the most common form of prayer. Often a prayer of supplication requests health and healing for the sick.

In this schedule, the Psalms are divided into roughly equal parts. There is a section for morning prayers and another for evening prayers. It will take most people about five minutes to read a single section or about ten minutes a day. Please, give this practice a try.

DAY 1

- Morning: 1 - 5
- Evening: 6 - 8

DAY 2

- Morning: 9 - 11
- Evening: 2 - 14

DAY 3

- Morning: 15 - 17
- Evening: 18

DAY 4

- Morning: 19 - 21
- Evening: 22 - 23

DAY 5

- Morning: 24 - 26
- Evening: 27 - 29

DAY 6:

- Morning: 30 - 31
- Evening: 32 - 34

DAY 7

- Morning: 35 - 36
- Evening: 37

DAY 8

- Morning: 38 - 40
- Evening: 41 - 43

DAY 9

- Morning: 44 - 46
- Evening: 47 - 49

DAY 10

- Morning: 50 - 52
- Evening: 53 - 55

DAY 11

- Morning: 56 - 58
- Evening: 59 - 61

DAY 12

- Morning: 62 - 64
- Evening: 65 - 67

DAY 13

- Morning: 68
- Evening: 69 - 70

DAY 14

- Morning: 71 - 72
- Evening: 73 - 74

DAY 15

- Morning: 75 - 77
- Evening: 78

DAY 16

- Morning: 79 - 81
- Evening: 82 - 85

DAY 17

- Morning: 86 - 88
- Evening: 89

DAY 18

- Morning: 90 - 92
- Evening: 93 - 94

DAY 19

- Morning: 95 - 97
- Evening: 98 - 101

DAY 20

- Morning: 102 - 103
- Evening: 104

DAY 21

- Morning: 105
- Evening: 106

DAY 22

- Morning: 107
- Evening: 108 - 109

DAY 23

- Morning: 110 - 113
- Evening: 114 - 115

DAY 24

- Morning: 116 - 118
- Evening: 119:1-32

DAY 25

- Morning: 119:33-72
- Evening: 119:73-104

DAY 26

- Morning: 119:105-144
- Evening: 119:145-176

DAY 27

- Morning: 120 - 125
- Evening: 126 - 131

DAY 28

- Morning: 132 - 135
- Evening: 136 - 138

DAY 29

- Morning: 139 - 140
- Evening: 141 - 143

DAY 30

- Morning: 144 - 146
- Evening: 147 - 150

Congratulations!

You have finished and have done something that is truly memorable and spiritually rewarding that will transform your life. The Lord will honor the effort you have made.