

The 30-Day Psalm Journey

One Psalm per day. A key verse. A single question to carry with you. A line to write. A box to check.

The Psalms are the prayer book of Scripture — written by men in real battles, real valleys, real failures, and real victories. They will teach you how to speak to God honestly. David did not clean up his prayers before he prayed them. Neither should you.

Start here. Come back to this section every morning for 30 days. When you finish, you will have built a habit. That habit will outlast this book.

DAY 01 PSALM 1

"Blessed is the man that walketh not in the counsel of the ungodly... his delight is in the law of the LORD." — Psalm 1:1-2

> Two paths. One choice. Which road are your feet on today?

WRITE:

☐ I read Psalm 1 today.

DAY 02 PSALM 8

"What is man, that thou art mindful of him? and the son of man, that thou visitest him?" — Psalm 8:4

> God made you on purpose. Let that land.

WRITE:

☐ I read Psalm 8 today.

DAY 03 PSALM 16

"Thou wilt shew me the path of life: in thy presence is fulness of joy." — Psalm 16:11

> Joy is not a feeling you manufacture. It is a Person you stay near.

WRITE:

☐ I read Psalm 16 today.

DAY 04 PSALM 18

"The LORD is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust." — Psalm 18:2

> What are you calling your rock right now? Is it actually holding?

WRITE:

☐ I read Psalm 18 today.

DAY 05 PSALM 19

"The heavens declare the glory of God; and the firmament sheweth his handywork." — Psalm 19:1

> Creation is preaching. Are you listening?

WRITE:

☐ I read Psalm 19 today.

DAY 06 PSALM 22

"My God, my God, why hast thou forsaken me?... But thou art he that took me out of the womb." — Psalm 22:1,9

> Jesus quoted this from the cross. Read it slowly. All of it.

WRITE:

☐ I read Psalm 22 today.

DAY 07 PSALM 23

"Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me." — Psalm 23:4

> Through. Not around. Not stuck in. Through.

WRITE:

☐ I read Psalm 23 today.

DAY 08 PSALM 24

"Who shall ascend into the hill of the LORD? or who shall stand in his holy place? He that hath clean hands, and a pure heart." — Psalm 24:3-4

> What is God asking you to clean up?

WRITE:

☐ I read Psalm 24 today.

DAY 09 PSALM 27

"The LORD is my light and my salvation; whom shall I fear?" — Psalm 27:1

> Fear tells you God is not enough. What are you afraid of?

WRITE:

☐ I read Psalm 27 today.

DAY 10 PSALM 32

"Blessed is he whose transgression is forgiven, whose sin is covered." — Psalm 32:1

> Is there something you are still carrying that has already been covered?

WRITE:

☐ I read Psalm 32 today.

DAY 11 PSALM 34

"I sought the LORD, and he heard me, and delivered me from all my fears." — Psalm 34:4

> He answered. Write down the last time God answered you.

WRITE:

☐ I read Psalm 34 today.

DAY 12 PSALM 37

"Commit thy way unto the LORD; trust also in him; and he shall bring it to pass." — Psalm 37:5

> Commit means hand it over completely. What have you not handed over?

WRITE:

☐ I read Psalm 37 today.

DAY 13 PSALM 40

"He brought me up also out of an horrible pit, out of the miry clay, and set my feet upon a rock." — Psalm 40:2

> What pit did He pull you out of? Don't let yourself forget.

WRITE:

☐ I read Psalm 40 today.

DAY 14 PSALM 42

"As the hart panteth after the water brooks, so panteth my soul after thee, O God." — Psalm 42:1

> Is your soul thirsty? What have you been drinking instead?

WRITE:

☐ I read Psalm 42 today.

DAY 15 PSALM 46

"God is our refuge and strength, a very present help in trouble. Therefore will not we fear." — Psalm 46:1-2

> Halfway point. Where have you seen God as your refuge in these 15 days?

WRITE:

☐ I read Psalm 46 today.

DAY 16 PSALM 51

"Create in me a clean heart, O God; and renew a right spirit within me." — Psalm 51:10

> David wrote this after his worst failure. What does that tell you about God?

WRITE:

☐ I read Psalm 51 today.

DAY 17 PSALM 62

"Truly my soul waiteth upon God: from him cometh my salvation." — Psalm 62:1

> Where are you looking for rest that is not God?

WRITE:

☐ I read Psalm 62 today.

DAY 18 PSALM 63

"O God, thou art my God; early will I seek thee: my soul thirsteth for thee... in a dry and thirsty land." — Psalm 63:1

> David wrote this in the wilderness. What is your wilderness right now?

WRITE:

☐ I read Psalm 63 today.

DAY 19 PSALM 84

"For a day in thy courts is better than a thousand." — Psalm 84:10

> Do you actually believe that? What would change if you did?

WRITE:

☐ I read Psalm 84 today.

DAY 20 PSALM 90

"So teach us to number our days, that we may apply our hearts unto wisdom." — Psalm 90:12

> How many days do you have left? How are you spending them?

WRITE:

☐ I read Psalm 90 today.

DAY 21 PSALM 91

"He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty." — Psalm 91:1

> Dwelling means staying, not visiting. Are you dwelling or just dropping by?

WRITE:

☐ I read Psalm 91 today.

DAY 22 PSALM 103

"The LORD is merciful and gracious, slow to anger, and plenteous in mercy." — Psalm 103:8

> Does your picture of God match this verse? If not, which one is wrong?

WRITE:

☐ I read Psalm 103 today.

DAY 23 PSALM 112

"Blessed is the man that feareth the LORD, that delighteth greatly in his commandments." — Psalm 112:1

> A man who fears God fears nothing else the same way. What still has power over you?

WRITE:

☐ I read Psalm 112 today.

DAY 24 PSALM 119

"Thy word is a lamp unto my feet, and a light unto my path." — Psalm 119:105

> Read 10 verses of Psalm 119 today. It is the longest chapter in the Bible for a reason.

WRITE:

☐ I read Psalm 119 today.

DAY 25 PSALM 121

"I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the LORD." — Psalm 121:1-2

> Where do your eyes go first when things get hard?

WRITE:

☐ I read Psalm 121 today.

DAY 26 PSALM 127

"Except the LORD build the house, they labour in vain that build it." — Psalm 127:1

> What are you building? Who is the architect?

WRITE:

☐ I read Psalm 127 today.

DAY 27 PSALM 130

"Out of the depths have I cried unto thee, O LORD... But there is forgiveness with thee." — Psalm 130:1,4

> He hears you from the depths. What have you been afraid to say to Him?

WRITE:

☐ I read Psalm 130 today.

DAY 28 PSALM 138

"Though the LORD be high, yet hath he respect unto the lowly: but the proud he knoweth afar off." — Psalm 138:6

> The highest God bends toward the lowest man. Let that change your posture today.

WRITE:

☐ I read Psalm 138 today.

DAY 29 PSALM 139

"O LORD, thou hast searched me, and known me... Whither shall I flee from thy presence?" — Psalm 139:1,7

> He knows everything and He is still here. What does that do to your shame?

WRITE:

☐ I read Psalm 139 today.

DAY 30 PSALM 150

"Let every thing that hath breath praise the LORD. Praise ye the LORD." — Psalm 150:6

> You made it 30 days. The Thread was running the whole time. What do you see now?

WRITE:

☐ I read Psalm 150 today.