

## Devotional Reading Scheme<sup>1</sup>:

### Week I:

**Wed Ash Wednesday, 17<sup>th</sup> Feb:** Psalms 1, 2, ).

**Thu:** Psalms 5, 3, 4

**Fri:** Psalms 8, 6, 7

**Sat:** Psalms 9, 10, 11

**Sun:** Psalms 12, 13, 14

**Mon:** Psalms 15, 16, 17

**Tue:** Psalms 18, 19, 20

### Week II:

**Wednesday 24<sup>th</sup> Feb:** Psalms 21, 22, 23, 24

**Thu:** Psalms 25, 26, 27

**Fri:** Psalms 28, 29, 30

**Sat:** Psalms 31, 32, 33

**Sun:** Psalms 34, 35, 36

**Mon:** Psalms 37, 38, 39

**Tue:** Psalms 40, 41, 42

### Week III:

**Wednesday 3<sup>rd</sup> March:** Psalms 43, 44, 45

**Thu:** Psalms 46, 47, 48

**Fri:** Psalms 49, 50, 51

**Sat:** Psalms 52, 53, 54

**Sun:** Psalms 55, 56, 57

**Mon:** Psalms 58, 59, 60

**Tue:** Psalms 61, 62, 63

### Week IV:

**Wednesday 10<sup>th</sup> March:** Psalms 64, 65, 66.

**Thu:** Psalms 67, 68, 69

**Fri:** Psalms 70, 71, 72

**Sat:** Psalms 73, 74, 75

**Sun:** Psalms 76, 77, 78v1-31

**Mon:** Psalms 78v32-55, 78v56-72, 79

**Tue:** Psalms 80, 81, 82

### Week V:

**Wednesday 17<sup>th</sup> March:** Psalms: 83, 94, 85

**Thu:** Psalms 85, 86, 87

**Fri:** Psalms 88, 89v1-18, 89v19-52

**Sat:** Psalms 90, 91, 92

**Sun:** Psalms 93, 94, 95

**Mon:** Psalms 96, 97, 98

**Tue:** Psalms 99 & 100, 101, 102

**Wed:** Psalms 103 and 104 (daytime)

### Week VI:

**Wednesday 31<sup>st</sup> March:** Ps 105 & 106, 107, 108

**Thu [Maundy Thurs]:** Psalms 107, 119v97-104, 108

**Fri [Good Friday]:** Psalms 109, 110, 111

**Sat [Holy Sat]:** Psalms 112, 113, 114

**Sun [Easter Day]:** Psalms 115, 116, 117

**Mon [Monday of Easter Week]:** Psalms 118, 120, 121

**Tue [Tuesday of Easter Week]:** Psalms 120&121, 122&123,  
124&125

### Week VII:

**Wednesday 7<sup>th</sup> April [Wednesday of Easter Week]:** Ps 126, 127, 128, 129

**Thu [Thursday of Easter Week]:** Psalms 130, 131, 132, 133, 134

**Fri [Friday of Easter Week]:** Psalms 135, 136, 137, 138

**Sat [Saturday of Easter Week]:** Psalms 139, 140, 141, 142

**Sun [1<sup>st</sup> after Easter]:** Psalms 143, 144, 145, 146

**Mon:** Psalms 147, 148, 149, 150

### A Daily Pattern:

As you will see from this schema, there are 3 or 4 psalms allocated to each day; one each for morning, and midday and 1 or 2 for the

<sup>1</sup> In this schema, I have omitted Psalm 119 because of its length and my desire to provide as wide a range of Psalms as possible. Psalm 119 is complex and deserves special treatment beyond the scope of our short time together.

evening. In some small way this reflects the 'hours' of worship in religious communities.

You might like to make one of these times your main time of prayer, with the suggestion that your prayer time might include some time of silence, and the Pater Noster [Lord's Prayer]

### **Translations and Renderings of the Psalms:**

Apart from the usual choice of bibles (New International Version, New Revised Standard Version, Good News and King James being the most common), you may also find The Grail version helpful with its inclusive language.

### **Further Reading:**

'Psalms', Brueggemann and Bellinger, New Cambridge Commentary, CUP 2014.

'A Story of the Psalms', V. Steven Parrish, OSB, Minnesota 2003

'Spirituality of the Psalms', Brueggemann, Fortress, Minneapolis 2002

'The Psalms', Eaton, Continuum, London/New York 2005.

'Out of the silence... into the silence', Jim Cotter, Cairns Pubs, 2010

'Living with the Psalms,' John.L.Bell, SPCK 2020

- The Psalms embrace every shade of human emotion and experience, and thus convey faith in a God who is fully engaged with our humanity.
- They give us words to use when we have none ourselves; and for every kind of personal and pastoral context;
- They are a treasure of our faith tradition which we have to offer to others, in times when many are hungry for spiritual experience and practice.

### **How to Pray with the Psalms:**

The way the Psalms are prayed in most religious communities is:

- Regularly – same time and place each time.
- Quietly - when alone read silently. It will help to slow you down if you 'mouth' the words with your lips.
- Mindfully & Reflectively
- With a pause in the middle of each verse. This respects the 'parallel pattern' of the Hebrew poetry.
- Thus, out of the silence... into the silence.

## **PRAYING THE PSALMS WITH JESUS**

**Why Pray the Psalms?** For many reasons...

- Jesus did. They are the prayer book of the Jewish people and form the heart of the Hebrew Bible.
- Jesus' disciples prayed them. The Psalms quickly found a core place in Christian worship and prayer, and still to this day constitute the backbone of the liturgy in religious orders.
- By internalising them through frequent use, they become part of us and available to us (as they were for Jesus).
- The Psalms insist on the link between faith and justice; like so much of the bible they are written from the standpoint of the oppressed.