

PRAYING  
*through the most*  
BELOVED  
PSALMS

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30-DAY PRAYER GUIDE



The Book of Psalms is one of the most beloved books of the Bible and for good reason! The Psalms offer comfort in times of despair, strength in trials, and celebration in times of triumph. Jesus himself quoted the Psalms when he spoke his last words on the cross, saying, “Father, into Your hands I commend my spirit” (Luke 23:46; Psalm 31:5).

The Psalms make up the longest book of the Bible and are comprised of songs, prayers, and poetry in devotion to God. King David is attributed with writing 75 of the 150 Psalms. The remaining Psalms are attributed to various other authors including King Solomon and Moses, with about 50 of the Psalms not being attributed to any particular author.

For a powerful way to meditate on the themes of the 30 most popular Psalms, take a few minutes each day for the next month to read through the following short prayers based on the Book of Psalms. God bless!

## DAY 1

# PSALM 91

→ [Read Psalm 91](#)

Lord, I find shelter and strength in your Word. While the others may stumble around me, you protect me from the snares of this world. You send your mighty angels to keep me from falling into the abyss. Your commandments shine a path for me to follow. What a merciful God you are—walking beside me when I'm discouraged, and carrying me when I'm defeated! I praise your holy name! Amen.

## DAY 2

# PSALM 23

→ [Read Psalm 23](#)

Most loving Father, when I don't know where to turn or whom to trust, you're there to take care of me. You guide me out of my gloom and fill my soul with renewed hope. You anoint me as your beloved and bestow blessings upon me to show those who stand against me that I am a child of the Most High God. I will abide by your Word forever. Amen.

### DAY 3

# PSALM 27

→ [Read Psalm 27](#)

God in Heaven, you are my beacon of hope, my salvation when trouble is near. When the storms of life sweep me up, you guide me back safely to shore. I devote my life to you, Lord, and seek your goodness in everything I see, your holy face in everyone I meet. I pray for your continued blessings and protection. In Jesus' name. Amen.

### DAY 4

# PSALM 139

→ [Read Psalm 139](#)

You see my heart, O Lord. You know me better than anyone else. You're the creator and ruler of the universe who defeats all darkness with his light. You crafted me in your image, and I am fearfully and wonderfully made! You gave your only Son so that whoever believed in him would have eternal life. I give myself up to you, Lord. Show me anything in my life that offends you so that I may correct it and walk toward eternal salvation. Amen!

## DAY 5

# PSALM 121

→ [Read Psalm 121](#)

God Most High, help me to remember that my strength comes from you, who made the earth, sky, and sea. Help me to find rest in your promise to watch over the faithful and keep us safe. With you as my stronghold, I will see victory through your Son, Jesus Christ. Amen.

## DAY 6

# PSALM 51

→ [Read Psalm 51](#)

Most just God, I've sinned against you. Cleanse me of my transgressions and restore me with your mercy. My guilt weighs heavy on my conscience and you see what I keep hidden from others! Give me a clean heart so that I can turn my life around. Use me as an example of your divine redemption so that I can lead other lost sheep back to you. In Jesus' name! Amen.

## DAY 7

# PSALM 37

→ [Read Psalm 37](#)

Father, help me not to envy those who have worldly success but who don't honor you, for I know that all worldly things eventually turn to dust. Give me the strength to store up my treasures in Heaven, instead. Help me to be still and focus my efforts on humbly doing good in your name. Give me the good sense to stay away from the wrong crowd and stick to the straight and narrow path. Amen.

## DAY 8

# PSALM 1

→ [Read Psalm 1](#)

Almighty Father, I know that bad company corrupts good character. I know that you'll bless those who seek you and that, on the Day of Judgment, You'll separate the wheat from the chaff. Grant me the discernment to avoid those who would lead me away from you. Help me to grow deep roots in your Holy Word so that I may flourish in your light through Christ Jesus. Amen.

## DAY 9

# PSALM 35

→ [Read Psalm 35](#)

Save me, God, from despairing over the trouble-making and dishonest people around me. Place your mighty hand between me and those who intend to do me harm. You are a loving Father and I am your adoring child, eager to cling to you for help. Lord, shine your light of truth on the corrupt, and comfort those who stay true to you! Hallelujah!

## DAY 10

# PSALM 46

→ [Read Psalm 46](#)

O Most High God, you offer me sanctuary and hope. As this fallen world moves farther away from you, I remain close and sing hymns in your honor. Give me the courage to be still and find solace in your holy promise of deliverance. I know the day will come when every tear will be wiped away, death will be defeated, and I'll rejoice with you in Paradise. Amen!

## DAY 11

# PSALM 34

→ [Read Psalm 34](#)

God is good! All honor and glory to the God of Abraham, Isaac, and Jacob! When my spirit was downcast and hungry, I tasted and saw the goodness of the Lord. I turned my back on sin and was made clean by the blood of the Lamb. I won't let my heart be troubled but will let his peace wash over me as I spread the Good News to all who'll listen. Thanks be to God! Amen.

## DAY 12

# PSALM 119

→ [Read Psalm 119](#)

May God's Word always be on my mind, on my lips, and in my heart. I pray for the strength to walk in the Law of the Lord. Even when the distractions of life turn my eyes away from you, Father, don't count me among the unbelievers! Deliver me from the faithless around me and welcome me back into the fold. Your Word is a lamp to my feet, your sustenance the Bread of Life. Glory to you, O Lord. Amen.



## DAY 13

# PSALM 103

→ [Read Psalm 103](#)

I rejoice at your goodness, Most Heavenly Father. Joyously, I sing, “Bless the Lord, O my soul!” Despite my flawed human nature, you wash me of my inequities, clothe me in white, and offer me salvation. Your steadfast love is my greatest blessing! I pray that all of your creations, even the angels, worship your Holy Name! Amen.

## DAY 14

# PSALM 100

→ [Read Psalm 100](#)

Glory to God in the highest! I sing your praises, clap my hands, and stomp my feet to celebrate your unwavering devotion and mercy, Father. I thank you for the blessings you’ve given me, and the lessons you’ve taught me to make me a better person. He is Good! He is Risen! All the world, make a joyful noise! Hosanna in the highest! Amen.

## DAY 15

# PSALM 40

→ [Read Psalm 40](#)

Thank You, Father, for never abandoning me. Even when I feel like you've closed a door in my life, you always open a window, pull me out of my misery, and set me down on greener pastures. I know you hear my prayers, Lord. I have faith that you'll answer them according to your will, not mine. I humbly ask that you guide my thoughts and actions all the days of my life. You are my Divine Deliverer! Amen.

## DAY 16

# PSALM 19

→ [Read Psalm 19](#)

I see your glory all around me, God. In every sunrise and in every blade of grass, in every storm bearing down and in every rainbow thereafter, I see your awesome dominion. Your Holy Word tells me everything I need to know to join you in Paradise. Now it's up to me to follow your instructions. Lord, give me the strength to be your good and faithful servant. Amen!

## DAY 17

# PSALM 42

→ [Read Psalm 42](#)

I need you, Lord, now more than ever. I long for your peace to quiet my soul and stop my tears from flowing. I need to feel your embrace in my life again. Help me to keep my eyes fixed on you throughout my trials and tribulations. You'll never abandon me, and I will keep my faith in you. In Jesus' name. Amen.

## DAY 18

# PSALM 22

→ [Read Psalm 22](#)

I may not see a way out of the darkness right now, Father, but I know you're there. I may not know who my friends are right now, but I know I can always count on you. You're the Alpha and the Omega, there in the beginning and there in the end. Even when others mock me, I'll sing your praises and count my blessings so that all may know that you are the Lord! The day will come when at the name of Jesus, every knee will bow. I trust you, Lord! Amen.

**DAY 19**

# PSALM 18

→ [Read Psalm 18](#)

Thank you, God, for being my sanctuary in this fallen world! When I'm worried, you calm my angst; when I'm afraid, you hold me close. You rescue me when I slip into low places and set me back on higher ground. You refresh my spirit and reward me for my devotion. I praise your Holy Name! Amen.

**DAY 20**

# PSALM 3

→ [Read Psalm 3](#)

When things aren't going my way or someone I trust lets me down, you deliver me from my troubles, Father. You won't desert your children, you won't disappoint. On days when I'm weighed down by discouragement, you're there to lift my chin back up as long as I keep your Word close to my heart. Holy, holy, holy is the Lord Almighty! Amen.

**DAY 21**

# PSALM 118

→ [Read Psalm 118](#)

Lord, thank you for loving me. Thank you for hearing my prayers. Even in dark times when my faith began to waver, you found ways to remind me that salvation is mine if only I'd keep you as the cornerstone of my life. Rain or shine, dark or light, this is the day the Lord has made. I will rejoice and be glad in it for victory is mine through Christ our Lord! Hosanna in the highest! Amen.

**DAY 22**

# PSALM 16

→ [Read Psalm 16](#)

Every moment of happiness is fleeting without you, God. If I find success or take great pleasure in anything, my joy is built on sand if serving you isn't at the center of it. When I choose to obey you, my heart leaps with gladness because it knows that with you I'm safe and through your Holy Son, I'm saved. Blessed be God forever. Amen!

**DAY 23**

# PSALM 24

→ [Read Psalm 24](#)

Lord, help me to be a good steward of your Earth, for the world and everything in it belongs to you. Open the eyes of those who take your creation for granted or deny you as the Creator himself. Soften the hearts of those who reject you and enter their lives with the fullness of your grace. Glory to you, O Lord! Amen.

**DAY 24**

# PSALM 25

→ [Read Psalm 25](#)

I raise my eyes up to you, Heavenly Father, in search of your wise counsel. I raise my soul up in gratitude that you are my redeemer, my king! Remember my devotion to you when my human nature makes me falter. Keep me close to you in times of hardship, for I am your devoted servant. Amen.

**DAY 25**

# PSALM 4

→ [Read Psalm 4](#)

God is loving and compassionate, all-knowing and just. He hears the cries of his children and rescues the faithful from their distress. I am your loyal child, Father. I repent of my sins and pray for the repentance of those who reject you. When I'm troubled, I meditate on your Holy Word and my soul rests easy. Thanks be to God! Amen.

**DAY 26**

# PSALM 8

→ [Read Psalm 8](#)

All praise be to God, the Divine Creator! You are Adonai, the master of the universe. You are Abba, my loving Father. You are Yahweh, the Lord ever-present, the great I AM! You crafted me in your image and entrusted me with the world, the work of your divine hands. How great thou art! The whole Earth is full of your glory! Amen.

**DAY 27**

# PSALM 90

→ [Read Psalm 90](#)

Have mercy on me, Father, for I am weak when I want to be strong, doubtful when I want to have faith. You are the Lord of all Creation, all-seeing and all-knowing. Despite all of the chances you've already given me, I continue to implore you that you look not on my sins but on my faith in you. Grant me wisdom, God, strengthen my will so that I may live in your way. I can do all things through Christ who strengthens me. In Jesus' name. Amen!

**DAY 28**

# PSALM 31

→ [Read Psalm 31](#)

When life knocks me down, I seek shelter in your promise of salvation, God. When everyone seems against me, I seek comfort in your peace. I put my life in your hands and you give me a clean slate with the power of the Cross. If you are for me, who can be against me? Hosanna in the highest! Blessed be the Lord! Amen.



**DAY 29**

# PSALM 5

→ [Read Psalm 5](#)

Let me start each day with a prayer of thanksgiving to you, Father. Let me start each day with a prayer for your protection. Shield me from misfortune and from those who look to hurt me. Bless me for I am your devoted child who finds purpose in serving you. Here I am, Lord! Ready to be made an instrument of your peace if it is your will to clear the way. Amen.

**DAY 30**

# PSALM 32

→ [Read Psalm 32](#)

All the world celebrate—our redeemer lives! Thank you, Jesus, for taking on my sins. Thank you for freeing me from death. Throughout my life, I'll keep your Word and confess my sins when I fall short of your glory. Through your most selfless sacrifice, Jesus, I am forgiven! A seat at the Heavenly Banquet is reserved for me. Hallelujah! I rejoice in the Lord! Amen.



Congratulations on spending the last 30 days praying through the most popular Psalms! May you continue to take a few minutes each day to be still in God's Word and find inspiration and comfort on your walk in faith.

### **About the Author**

Dolores Smyth writes on faith and families. Her work has appeared in numerous print and online publications. You can read more of her work on Twitter [@LolaWordSmyth](https://twitter.com/LolaWordSmyth).