

# Praying the Psalms

You may have heard people referring to a daily practice of “praying the Psalms” or “praying the Psalter.” Perhaps, this is a part of your private or family devotional time, something with which you are already familiar, and you are well-acquainted with the blessing this is in your life. Maybe you have always wondered what people mean when they speak of this practice, curious but unsure of where to start. Or maybe this is the very first time you’ve ever really encountered it at all.

## **What does it mean to “pray the Psalter”?**

You may consider it a practice, a routine, a rhythm, a pattern. All of these are true. Often what people mean when they speak of praying the Psalms is that they intentionally work their way through this book at the center of the Bible bit by bit each day. It becomes part of their prayer and devotional life.

## **What is the benefit of this practice?**

Pastor Will Weedon, Assistant Pastor of St. Paul Lutheran Church in Hamel, IL, and former Director of Worship and Chaplain for the LCMS from 2012-2019 (among a whole list of other things), wrote an article about praying the Psalter for the Summer 2022 *Issues, Etc. Journal*, in which he shares the following:

*“...I think there was something very wise about praying through the Psalter once a month. You don’t have to be a monk to find that discipline to be a massive blessing. I’ve certainly found it so. ... Why pray the Psalter every month? Because, people loved by God, beyond shadow of doubt it is the center of the Bible (not just physically). ... That brings me to the key beyond every key that opens up the Psalter and makes you love it so dearly: the longer you pray it, the more you realize that you’re praying the psalms along WITH Jesus. He’s taking you along with Him in His prayers. ... People loved by God, here’s my plea: if we have time to mindlessly scan some Facebook feed; if we can while away*

*two or three hours watching TV each day; surely, surely we have the time in our lives to pick up the Psalter and to pray it with Jesus. ... You do this and it will lead you into your Bible in a new and deeper way. I think anyone who picks up the practice for any amount of time will agree: those old Anglicans were ingenious! What a joyous way to pray each day with Christ and in Him.”*

There are multiple reading plans available to do this. Pastor Weedon mentions a monthly plan which he personally follows. Many of our Bibles have a plan or plans printed in the first pages, and they can range from as short a cycle as every two weeks. Some go in order, while others skip around. We are offering you a 60-day cycle, which is a bit less intense or possibly overwhelming. You may follow the indications of doing morning and evening Psalms along with your morning and evening prayers, or you might read them all at once while you are doing your private devotions. What time you do them is far less critical than *that* you do them – that is being in the Word, being in the prayers of our Savior.

## **What if I miss a day?**

It’s ok! This practice is designed to bless, not burden. Simply pick up with the current day and carry on. The idea is that when we end this first 60 days, you will go back to the beginning and start the whole process over again, so what you might miss this time, you will get next time through.

## **We invite you to join with us beginning July 1.**

We will have daily prompts posted to both Facebook and Instagram, for those who use social media. We will also have a banner on the homepage of the CLC website – <https://clclakeland.org/> – where the 60-Day Cycle of Praying the Psalter will be available to download. We do sincerely hope that you will join us in this practice (or continue in it, if it is already part of your devotional life), and receive the rich blessings of being daily in the Word of God.