



Step into

the River

Diving into the Psalms

Select a psalm that seems to fit with where you are at today. Read through the psalm and reflect on what it says. Then spend some time discussing with God how those words apply to your life and how you feel about what the psalm says. When you are done, check off the box in front of the psalm you have just read and repeat the exercise tomorrow selecting another unchecked psalm to read. Record which psalm you read and your reflections in your Log Book.

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|---|--|
| <input type="checkbox"/> 1 - True Happiness in God's Law | <input type="checkbox"/> 32 - Remission of Sin |
| <input type="checkbox"/> 2 - A Psalm for a Royal Coronation | <input type="checkbox"/> 33 - Praise of God's Power & Providence |
| <input type="checkbox"/> 3 - Threatened but Trusting | <input type="checkbox"/> 34 - Thanksgiving to God Who Delivers the Just |
| <input type="checkbox"/> 4 - Trust in God | <input type="checkbox"/> 35 - Prayer for Help against Unjust Enemies |
| <input type="checkbox"/> 5 - Prayer for Divine Help | <input type="checkbox"/> 36 - Human Wickedness & Divine Providence |
| <input type="checkbox"/> 6 - Prayer in Distress | <input type="checkbox"/> 37 - The Fate of Sinners & the Reward of the Just |
| <input type="checkbox"/> 7 - God the Vindicator | <input type="checkbox"/> 38 - Prayer of an Afflicted Sinner |
| <input type="checkbox"/> 8 - Divine Majesty & Human Dignity | <input type="checkbox"/> 39 - The Vanity of Life |
| <input type="checkbox"/> 9 - Thanksgiving for Victory & Prayer for Justice | <input type="checkbox"/> 40 - Gratitude & Prayer for Help |
| <input type="checkbox"/> 10 - Thanksgiving for Victory & Prayer for Justice | <input type="checkbox"/> 41 - Thanksgiving after Sickness |
| <input type="checkbox"/> 11 - Confidence in the Presence of God | <input type="checkbox"/> 42 - Longing for God's Presence in the Temple (A) |
| <input type="checkbox"/> 12 - Prayer against Evil Tongues | <input type="checkbox"/> 43 - Longing for God's Presence in the Temple (B) |
| <input type="checkbox"/> 13 - Prayer in Time of Illness | <input type="checkbox"/> 44 - God's Past Favor & Israel's Present Need |
| <input type="checkbox"/> 14 - A Lament over Widespread Corruption | <input type="checkbox"/> 45 - Song for a Royal Wedding |
| <input type="checkbox"/> 15 - The Righteous Israelite | <input type="checkbox"/> 46 - God, the Protector of Zion |
| <input type="checkbox"/> 16 - God the Supreme Good | <input type="checkbox"/> 47 - The Ruler of All the Nations |
| <input type="checkbox"/> 17 - Prayer for Rescue from Persecutors | <input type="checkbox"/> 48 - The Splendor of the Invincible City |
| <input type="checkbox"/> 18 - A King's Thanksgiving for Victory | <input type="checkbox"/> 49 - Confidence in God rather than in Riches |
| <input type="checkbox"/> 19 - God's Glory in the Heavens & in the Law | <input type="checkbox"/> 50 - The Acceptable Sacrifice |
| <input type="checkbox"/> 20 - Prayer for the King in time of War | <input type="checkbox"/> 51 - The Miserere: Prayer of Repentance |
| <input type="checkbox"/> 21 - Thanksgiving & Assurances for the King | <input type="checkbox"/> 52 - The Deceitful Tongue |
| <input type="checkbox"/> 22 - The Prayer of an Innocent Person | <input type="checkbox"/> 53 - A Lament over Widespread Corruption |
| <input type="checkbox"/> 23 - The Lord, Shepherd & Host | <input type="checkbox"/> 54 - Confident Prayer in Great Peril |
| <input type="checkbox"/> 24 - The Glory of God in Procession to Zion | <input type="checkbox"/> 55 - A Lament over Betrayal |
| <input type="checkbox"/> 25 - Confident Prayer for Forgiveness & Guidance | <input type="checkbox"/> 56 - Trust in God |
| <input type="checkbox"/> 26 - Prayer of Innocence | <input type="checkbox"/> 57 - Confidence Prayer for Deliverance |
| <input type="checkbox"/> 27 - Trust in God | <input type="checkbox"/> 58 - The Dethroning of Unjust Rulers |
| <input type="checkbox"/> 28 - Petition & Thanksgiving | <input type="checkbox"/> 59 - Complaint Against Bloodthirsty Enemies |
| <input type="checkbox"/> 29 - The Lord of Majesty Acclaimed King of the World | <input type="checkbox"/> 60 - Lament after Defeat in Battle |
| <input type="checkbox"/> 30 - Thanksgiving for Deliverance | <input type="checkbox"/> 61 - Prayer of the King in Time of Danger |
| <input type="checkbox"/> 31 - Prayer in Distress & Thanksgiving for Escape | <input type="checkbox"/> 62 - Trust in God Alone |

- 63 - Ardent Longing for God
- 64 - Treacherous Conspirators Punished by God
- 65 - Thanksgiving of God's Blessings
- 66 - Praise of God, Israel's Deliverer
- 67 - Harvest Thanks & Petition
- 68 - The Exodus & Conquest, Pledge of Future Help
- 69 - A Cry of Anguish in Great Distress
- 70 - Prayer for Divine Help
- 71 - Prayer in Time of Old Age
- 72 - A Prayer for the King
- 73 - The Trial of the Just
- 74 - Prayer at the Destruction of the Temple
- 75 - God the Judge of the World
- 76 - God Defends Zion
- 77 - Confidence in God during National Distress
- 78 - A New Beginning in Zion & David
- 79 - A Prayer for Jerusalem
- 80 - Prayer to Restore God's Vineyard
- 81 - An Admonition to Fidelity
- 82 - The Downfall of Unjust Gods
- 83 - Prayer against a Hostile Alliance
- 84 - Prayer of a Pilgrim to Jerusalem
- 85 - Prayer for Divine Favor
- 86 - Prayer in Time of Distress
- 87 - Zion the True Birthplace of Diaspora Pilgrims
- 88 - A Despairing Lament
- 89 - A Lament over God's Promise to David
- 90 - God's Eternity & Human Frailty
- 91 - Security Under God's Protection
- 92 - A Hymn of Thanksgiving for God's Fidelity
- 93 - God is a Mighty King
- 94 - A Prayer for Deliverance from the Wicked
- 95 - A Call to Praise & Obedience
- 96 - God of the Universe
- 97 - The Divine Ruler of All
- 98 - The Coming of God
- 99 - The Holy King
- 100 - Communal Thanks in the Temple
- 101 - Norm of Life for Rulers
- 102 - Prayer in Time of Distress
- 103 - Praise of Divine Goodness
- 104 - Praise of God the Creator
- 105 - God's Fidelity to the Promise
- 106 - Israel's Confession of Sin
- 107 - God the Savior of Those in Distress
- 108 - Prayer for Victory
- 109 - Prayer of a Person Falsely Accused
- 110 - God Appoints the King both King & Priest
- 111 - Praise of God for Goodness to Israel
- 112 - The Blessings of the Just
- 113 - Praise of God's Care of the Poor
- 114 - The Lord's Wonders at the Exodus
- 115 - The Greatness of the True God
- 116 - Thanksgiving to God Who Saves from Death
- 117 - The Nations Called to Praise
- 118 - Hymn of Thanksgiving
- 119 - A Prayer to God, the Lawgiver
- 120 - Prayer of a Returned Exile
- 121 - The Lord My Guardian
- 122 - A Pilgrim's Prayer for Jerusalem
- 123 - Reliance on the Lord
- 124 - God, the Rescuer of the People
- 125 - Israel's Protector
- 126 - The Reversal of Zion's Fortunes
- 127 - The Need of God's Blessing
- 128 - The Happy Home of the Just
- 129 - Against Israel's Enemies
- 130 - Prayer for Pardon & Mercy
- 131 - Humble Trust in God
- 132 - The Covenant between David & God
- 133 - A Vision of a Blessed Community
- 134 - Exhortation to the Night Watch to Bless God
- 135 - Praise of God, the Ruler & Benefactor of Israel
- 136 - Thanksgiving for God's Everlasting Love
- 137 - Sorrow & Hope in Exile
- 138 - Hymn of a Grateful Heart
- 139 - The All-knowing & Ever-lasting God
- 140 - Prayer for Deliverance from the Wicked
- 141 - Prayer for Deliverance from the Wicked
- 142 - A Prayer in Time of Trouble
- 143 - A Prayer in Distress
- 144 - A Prayer for Victory & Prosperity
- 145 - The Greatness & Goodness of God
- 146 - Trust in God the Creator & Redeemer
- 147 - God's Word Restores Jerusalem
- 148 - All Creation Summoned to Praise
- 149 - Praise God with Song & Sword
- 150 - Final Doxology

O God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water. I have seen you in the sanctuary and beheld your power and your glory. Because your love is better than life, my lips will glorify you. I will praise you as long as I live, and in your name I will lift up my hands. My soul will be satisfied as with the richest of foods; with singing lips my mouth will praise you. Psalms 63:1 - 5