

40 days of Psalms

Quiet Time Guide

February 14-April 9



40 Days of Psalms

The title “Psalms” in the Hebrew means Praises or Book of Praises. The title “Psalms” in the Greek suggests the idea of an instrumental accompaniment. Psalms is the book of worship. It is the hymn book of the temple.

Jesus Christ (the Messiah) is prominent throughout the Psalms. A key word in the Book of Psalms is Hallelujah, that is, Praise the Lord. This phrase has become a Christian cliché, but it is one that should cause a swelling of great emotion in the heart and soul. Psalm 150 is considered the hallelujah chorus; the word hallelujah occurs thirteen times in its six brief verses. It concludes the Book of Psalms and could be considered the chorus of all other psalms. Hallelujah, praise the Lord!

The Psalms record deep devotion, intense feeling, exalted emotion, and dark sadness and misery. They play upon the keyboard of the human soul with all the stops pulled out.

The Book of Psalms is the only book which contains every experience of a human being. Every thought, every impulse, every emotion that sweeps over the soul is recorded in this book. That is the reason, I suppose, that it always speaks to our hearts and finds a responsive chord when we read it. The place Psalms has held in the lives of God's people testifies to their being universal, although they have a peculiar Jewish application. The Psalms express the deep feelings of all believing hearts in all generations.

Christ the Messiah is the subject of the Psalms. The Psalms have Christ as the object of worship. The Psalms record the birth, life, death, resurrection, glory, priesthood, kingship, and return of Christ. The Lord Jesus, said “This is what I told you while I was still with you: Everything must be fulfilled that is written about me in the Law of Moses, the Prophets and the Psalms.” (Luke 24:44 NIV).

As we - you study the Psalms we – you will find the fullness of Christ. There is a more complete picture of Christ in the Psalms than in the Gospels. The Gospels tell us that He went to the mountain to pray, but the Psalms give us His prayer. The Gospels tell us that He was crucified, but the Psalms tell us what went on in His own heart during the Crucifixion. The Gospels tell us He went back to heaven, but the Psalms show us Christ seated in heaven. Christ the Messiah is prominent throughout this book.

The book of Psalms is a hymn book and a HIM book – it is all about Him. As we study it, that fact will become very clear. In a more restrictive sense, the Psalms deal with Christ belonging to Israel and Israel belonging to Christ.

Spurgeon said, “The Book of Psalms instructs us in the use of wings as well as words. It sets us both mounting and singing.”

This is the book that may make a skylark out of you instead of some other kind of a bird. This book has been called the epitome and anatomy of the soul. It has also been designated as the garden of the Scriptures. Out of 219 quotations from the Old Testament found in the New Testament, 116 of them are from the Psalms. There are 150 spiritual songs which undoubtedly at one time were all set to music. This is a book which ought to make our hearts sing.

Over the next forty days we will explore sections of the Psalms that you are encouraged to read, pray, sing and write out your heart to God as the psalms lead you closer to Him.

QUIET TIME TEXT

Week 1

Scripture Reading

14-Feb ☐ Psalm 1:1-3
15-Feb ☐ Psalm 3:1-6
16-Feb ☐ Psalm 4:1-8

13-Mar ☐ Psalm 50:12-15, 23

14-Mar ☐ Psalm 51:1-12

15-Mar ☐ Psalm 54:1-7

Week 2

Scripture Reading

19-Feb ☐ Psalm 8:3-9
20-Feb ☐ Psalm 15:1-5
21-Feb ☐ Psalm 16:1-11
22-Feb ☐ Psalm 19:1-14
23-Feb ☐ Psalm 20:1-9

Week 6

Scripture Reading

18-Mar ☐ Psalm 56:1-13

19-Mar ☐ Psalm 61:1-8

20-Mar ☐ Psalm 62:1-8

21-Mar ☐ Psalm 63:1-8

22-Mar ☐ Psalm 66:8-20

Week 3

Scripture Reading

26-Feb ☐ Psalm 23:1-6
27-Feb ☐ Psalm 24:1-6
28-Feb ☐ Psalm 25:1-7
29-Feb ☐ Psalm 32:1-5
1-Mar ☐ Psalm 33:13-22

Week 7

Scripture Reading

25-Mar ☐ Psalm 67:1-7

26-Mar ☐ Psalm 73:23-28

27-Mar ☐ Psalm 77:11-20

28-Mar ☐ Psalm 81:8-16

29-Mar ☐ Psalm 84:1-12

Week 4

Scripture Reading

4-Mar ☐ Psalm 34:8-19
5-Mar ☐ Psalm 36:5-10
6-Mar ☐ Psalm 37:1-9
7-Mar ☐ Psalm 37:21-29
8-Mar ☐ Psalm 40:1-8

Week 8

Scripture Reading

1-Apr ☐ Psalm 85:4-13

2-Apr ☐ Psalm 86:1-7

3-Apr ☐ Psalm 90:1-17

4-Apr ☐ Psalm 91:1-16

5-Apr ☐ Psalm 92:1-15

Week 5

Scripture Reading

11-Mar ☐ Psalm 42:1-5
12-Mar ☐ Psalm 46:1-11

Week 9

Scripture Reading

8-Apr ☐ Psalm 96:1-9

9-Apr ☐ Psalm 100:1-5