



We are very excited to be launching our Summer preaching series  
*"Summer in the Psalms,"*  
beginning July 3<sup>rd</sup> and ending September 5th.

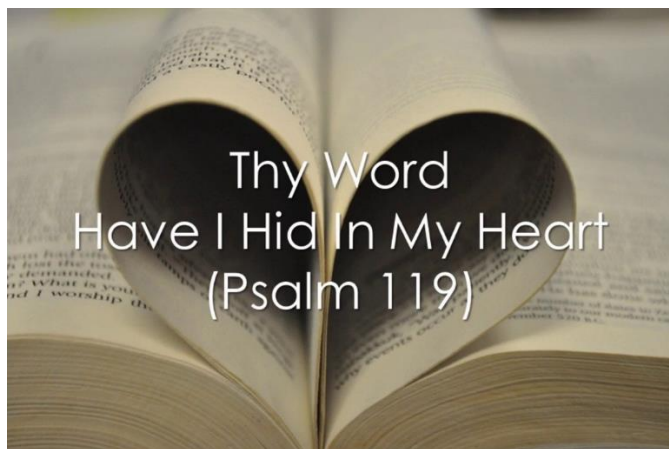
The Psalms are the "*prayerbook of the church*," they have nourished the worshipping life of God's people for over 2,000 years. Our prayer is that the middle of your Bible--the Psalms--becomes a familiar companion for you on the journey of faith in Jesus. That cannot happen one day a week with a single sermon. What we want to do is provide a number of different pathways into the Psalms. Please follow the one that resonates with you, or explore a few! Whatever happens, be sure to pick a path, get your feet of faith moving, and let the adventure begin!

### Pathway 1: Read Together

There's something beautiful about reading the same Scripture with others making the same journey, to be hearing the same good news on the same day, seeing God in the same way. This summer, we want to invite you to read through the Psalms together. Each day, read one Psalm aloud, letting it shape your prayers that day, and your living.

To keep us together on the pathway through the Psalter, we have prepared a Reading Plan. It provides the Psalm to read, the kind of Psalm it is, and a brief glimpse into the theme. The Reading Plan will be available each week on-line as part of the West Church weekly update.

### Pathway 2: Memorize



Psalm 119 encourages us to the practice of "hiding God's Word in our heart." One of the best ways to allow the Psalms to shape how we pray and see God at work in our lives and the world around us is by memorizing Scripture. This summer, would you consider memorizing an entire Psalm?

We would like to suggest **Psalm 1, or Psalm 23**, but of course you can choose whichever one you like.

Best way to memorize is to get a copy of the Psalm on paper, and have it with you during the day, and then when you have a moment, each day practice it. Just work on one sentence at a time. As you recite it aloud, pay attention to your imagination, what you see, the imagery, how you feel. This helps the words sink into your heart and become a part of you. Try and recite with feeling, try and imagine what the Psalmist was feeling and going through. Put yourself in their shoes as you place their words on your lips. Hopefully through the summer we can have a few of our people recite their Psalm as a way to encourage and inspire all of us to engage with the Psalms this summer!

### **Pathway 3: Engage with Sunday Sermon**

Each Sunday we will take either the Psalm for that Sunday or perhaps one from the week as our Sunday theme. We will suggest some questions for reflections on the morning's teaching.

### **Pathway 4: Study**

One way we can love God with all our minds is by reading good books that lead us into a greater understanding and appreciation of God's Word. There have been many books written on the Psalms, but we commend the following:

*"A Long Obedience in the Same Direction,"* Eugene Peterson

*"Open and Unafraid,"* David O Taylor

We invite you into the Psalms. Take a step. Choose a pathway. Let's learn to worship God deeper, and together.

### **Pathway 5: Listen**

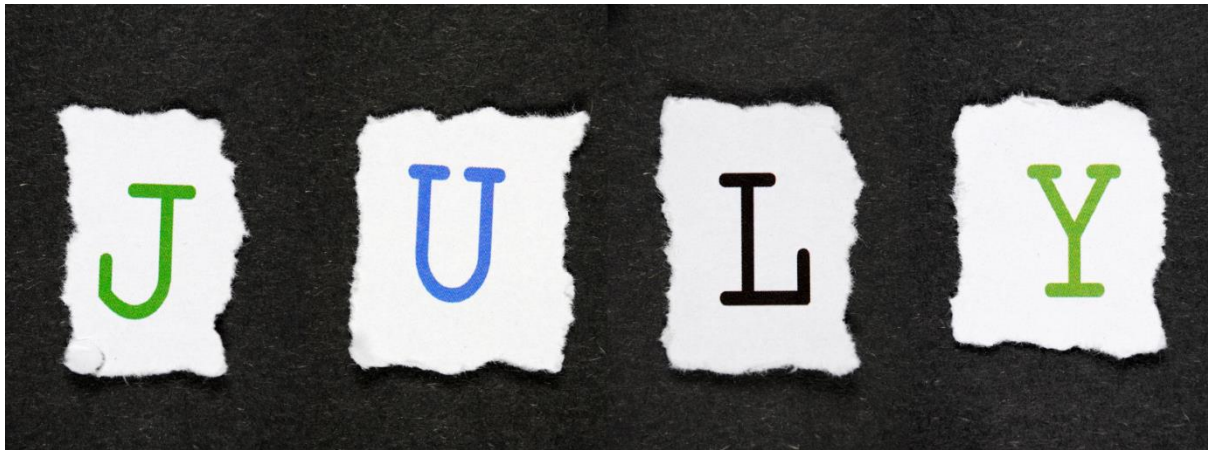
Our last pathway is music. The Psalms were originally sung prayers and so we encourage you to listen to more recent expressions of psalms being sung.

"Psalms," by Sandra McCracken

"Psalms" By Sons of Korah

30 Days in the Psalms with Kristyn Getty

"Sing! Psalms: Ancient + Modern" by Keith & Kristyn Getty



## July 2022

Sunday 3 <sup>rd</sup> July	<b>Psalm 1</b> The first <i>Wisdom</i> Psalm. Invitation to be a rooted person in God
Monday 4 <sup>th</sup> July	<b>Psalm 2</b> The first <i>Royal</i> Psalm, celebrating God's rule
Tuesday 5 <sup>th</sup> July	<b>Psalm 3</b> The first Psalm of <i>Lament</i> & contains the very first prayer, "Lord..."
Wednesday 6 <sup>th</sup> July	<b>Psalm 8</b> The first Psalm of <i>Praise</i> , filled with wonder at God & Creation
Thursday 7 <sup>th</sup> July	<b>Psalm 10</b> <i>Lament</i> . Prays very first question in the Psalter— God feels far away
Friday 8 <sup>th</sup> July	<b>Psalm 16</b> Psalm of <i>Trust</i> . Prayer affirms who God is in our life— He is a "refuge"
Saturday 9 <sup>th</sup> July	<b>Psalm 19</b> Psalm of <i>Praise</i> . Celebrates God's glory in Creation and His Law
Sunday 10 <sup>th</sup> July	<b>Psalm 22</b> <i>Lament</i> . Jesus prayed this from the cross. "My God, My God"



Monday 11<sup>th</sup> July      **Psalm 23** Psalm of *Trust*. God's enduring & intimate care

Tuesday 12<sup>th</sup> July      **Psalm 27** *Trust*. Confidence in the goodness of God

Wednesday 13<sup>th</sup> July      **Psalm 33** *Praise*. The key to a thankful heart

Thursday <b>14<sup>th</sup> July</b>	<b>Psalm 34</b> <i>Praise &amp; Wisdom</i> . Resilience to praise God always for His goodness
Friday <b>15<sup>th</sup> July</b>	<b>Psalm 39</b> <i>Lament</i> . David prays for mercy and protection from his enemies
Saturday <b>16<sup>th</sup> July</b>	<b>Psalm 40</b> A <i>Thanksgiving</i> Psalm that sings of God's salvation in our very lives
Sunday <b>17<sup>th</sup> July</b>	<b>Psalm 42</b> A <i>Lament</i> that teaches us how to hope & long for God in the dark
Monday <b>18<sup>th</sup> July</b>	<b>Psalm 46</b> <i>Praise</i> that instills a stillness in God who reigns over all the chaos we face
Tuesday <b>19<sup>th</sup> July</b>	<b>Psalm 51</b> A <i>Penitential</i> Psalm. David models true contrition for sin
Wednesday <b>20<sup>th</sup> July</b>	<b>Psalm 56</b> <i>Lament</i> . Fear at life's enemies yet learning how to walk, trusting God
Thursday <b>21<sup>st</sup> July</b>	<b>Psalm 57</b> Psalm of <i>Petition</i> that cries out for God's mercy amidst enemies
Friday <b>22<sup>nd</sup> July</b>	<b>Psalm 62</b> Psalm of <i>Trust</i> that sings of the Rest we find as we see God's character
Saturday <b>23<sup>rd</sup> July</b>	<b>Psalm 63</b> Psalm of <i>Trust</i> that evokes our longing for God and how He satisfies us
Sunday <b>24<sup>th</sup> July</b>	<b>Psalm 66</b> <i>Praise</i> Psalm that celebrates God's redemptive purposes in pain
Monday <b>25<sup>th</sup> July</b>	<b>Psalm 71</b> <i>Lament</i> over enemies that turns to trusting God's faithful help/love
Tuesday <b>26<sup>th</sup> July</b>	<b>Psalm 73</b> <i>Wisdom</i> The wicked will perish—only God is a lasting Refuge
Wednesday <b>27<sup>th</sup> July</b>	<b>Psalm 77</b> <i>Lament</i> over God's absence; then faith wakes to God's saving help
Thursday <b>28<sup>th</sup> July</b>	<b>Psalm 81</b> <i>Praise</i> to the God of Exodus who leads us—& from whom we wander

I cried out to him  
with my mouth;  
his praise was  
on my tongue.  
**Psalm 66:17**





- Friday **29<sup>th</sup> July**      **Psalm 84** *Praise* Psalm that prays the yearning to be with God and worship Him
- Saturday **30<sup>th</sup> July**      **Psalm 86** *Lament* over strife and a prayer for an undivided heart toward the Lord
- Sunday **31<sup>st</sup> July**      **Psalm 88** *Lament*. Cry of overwhelmed faith in grip of Death's dark shadow



- Monday **1<sup>st</sup> August**      **Psalm 90** *Lament* over human brevity and prayer to live wisely
- Tuesday **2<sup>nd</sup> August**      **Psalm 91** Psalm of *Trust* that teaches us how to make God our life's refuge
- Wednesday **3<sup>rd</sup> August** **Psalm 93** *Praise* Psalm that sings of God's reign ever over all waves of chaos
- Thursday **4<sup>th</sup> August**      **Psalm 95** *Praise* to the Lord that leads to worship and obedience
- Friday **5<sup>th</sup> August**      **Psalm 103** *Praise* to the Lord for all His blessing calling all believers to praise the Lord.
- Saturday **6<sup>th</sup> August**      **Psalm 104** A joyful call to *Praise* the God of Creation who sustains all life
- Sunday **7<sup>th</sup> August**      **Psalm 107** *Thanksgiving* to the God whose "unfailing love" always finds us
- Monday **8<sup>th</sup> August**      **Psalm 108** *Praise* giving thanks to the Lord for all his goodness
- Tuesday **9<sup>th</sup> August**      **Psalm 116** A Psalm of *Praise* for deliverance
- Wednesday **10<sup>th</sup> August** **Psalm 120** *Lament* that turns from the world's ways and longs to be in God's ways

Thursday **11<sup>th</sup> August Psalm 121** *Trust* Psalm. God will keep guard over us always. He is our Provider

Friday **12<sup>th</sup> August Psalm 122** *Trust* Psalm that rejoices in the rhythm of gathered worship of God

Saturday **13<sup>th</sup> August Psalm 123** *Trust* Psalm which acknowledges dependence on God in the midst of a crisis.



Sunday **14<sup>th</sup> August Psalm 124** *Praise* arising from a terrible "if,"—life lived apart from God's saving help

Monday **15<sup>th</sup> August Psalm 125** *Trust* Psalm in which the psalmist affirms his confidence in the Lord's protection and justice.

Tuesday **16<sup>th</sup> August Psalm 126** expresses the themes of redemption and joy and gratitude to God

Wednesday **17<sup>th</sup> August Psalm 127** *Wisdom* a Psalm that acknowledges that all of life is a gift from God.

Thursday **18<sup>th</sup> August Psalm 128** *Wisdom* Psalm, sings of the blessing of those who fear the Lord

Friday **19<sup>th</sup> August Psalm 129** *Lament*, focuses on God's deliverance in the midst of troubles.

Saturday **20<sup>th</sup> August Psalm 130** A *lament* that sings a way through suffering until reaching Hope

Sunday **21<sup>st</sup> August Psalm 131** *Trust* Psalm. Praying a humility that grows a God- gifted contentment

Monday **22<sup>nd</sup> August Psalm 132** *Trust* Psalm. Sings the history of David's obedience to God

Tuesday **23<sup>rd</sup> August Psalm 133** *Wisdom* that sings of the blessing of living together in unity

Wednesday **24<sup>th</sup> August Psalm 134** *Praise* to the Lord at the end of the *Psalms of Ascent*

Thursday **25<sup>th</sup> August Psalm 136** *Thanksgiving* Psalm echoing God's love in salvation history

Friday **26<sup>th</sup> August Psalm 137** *Lament* psalm, clearly reflecting dislocation and trauma and bringing the pain to God.

Saturday **27<sup>th</sup> August** **Psalm 139** *Praise* for God's intimate care in our lives and call to walk in His way

Sunday **28<sup>th</sup> August** **Psalm 143** *Penitential* Psalm that asks God to show, rescue, and teach His servants

Monday **29<sup>th</sup> August** **Psalm 144** *Royal* Psalm. David models how we all need God to be our Rock in life

Tuesday **30<sup>th</sup> August** **Psalm 145** A multifaceted *Praise* of God's character revealed in His faithfulness

Wednesday **31<sup>st</sup> August** **Psalm 150** Final wave of worship, for every breathing creature to give God *Praise*

