



PRAISING THROUGH *THE PSALMS*



DAUGHTER IN WAITING
MINISTRY



RESOURCES USED

[Bible Gateway](#)

[YouVersion Bible App](#)

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INTENTION

**DRAW CLOSER TO GOD BY LEARNING
ABOUT HIS NATURE AND KINGDOM**

**HAVE YOUR EMOTIONS AND
EXPERIENCES ACKNOWLEDGED**

**HAVE A CONSISTENT PRAYER LIFE AND EXPRESS
YOURSELF WITHOUT HAVING TO THINK HARD
ABOUT WHAT TO SAY**

**STRENGTHEN YOUR FAITH AND YOUR
UNDERSTANDING OF GOD'S WORD**

EXALT GOD AND BOW IN PRAISE AND WORDSHIP

EASY TO FOLLOW WHEN YOU NEED ENCOURAGEMENT

**FIND THE COURAGE TO TAKE YOUR EMOTIONS,
THOUGHTS, FEELINGS DIRECTLY TO GOD**



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David made one of the most beautiful statements while reflecting on God's loving heart towards humanity. It's no coincidence that one of the beginning psalms in this book encourages us to reflect on God's heart towards us before we read the rest of the scriptures.



What is man that you are mindful of him, and the son of man that you care for him?

Psalm 8:4

“Praying Through *The Psalms*” is designed to encourage you to flip through this book in the bible with confidence in prayer, praise, and worship. It is a tool for you to use to grow in your relationship with God.

The guide is divided into three sections:

1

STUDYING THE PSALMS

how to approach reading and studying this book

2

PRAYING THE PSALMS

different ways to pray using the scripture

3

CATEGORIZING THE PSALMS

groups each psalm into a prayer category



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Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. And he who searches hearts knows what is in the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

Romans 8:26-27

The idea for this guide was birthed because of The Holy Spirit. One of the best gifts we're given as followers of Christ is the The Holy Spirit, our Helper (John 15:26-27). The Holy Spirit is the one who led me through this book. Whatever I'm feeling and experiencing, he's always faithful to bring me to a psalm that I can use for prayer or worship. The most effective way to study and meditate on the word of God is with his help. I've written a prayer on the next page you can personalize before you proceed with the rest of this guide.



Dear Holy Spirit:


In the Name of Jesus, I pray that you open up my spiritual ears and eyes to understand The Psalms and highlight the ones that personally speak to me, my season, my circumstances, and my walk during this time. I pray that you guide and help me meditate on the scripture and find comfort in your word. I pray for wisdom and understanding as I read and study this book. I pray for wisdom and understanding as I go through this guide. Help me also praise and worship with the specific psalms you have for me.

In Jesus' Name,

Amen



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STUDYING *THE PSALMS* SECTION 1



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STUDYING *THE PSALMS*

FINDING A STUDY ROUTINE

1

Invite The Holy Spirit to take you to a specific psalm you can study for your bible study. Start your morning studying this psalm and mediate on it throughout the day or week.

2

Start studying Psalm 1, then go to Psalm 2, continue until you've studied the whole book.

3

Select a group of psalms to study from section 3 of this guide that resonates with you. Study each psalm from that list.

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STUDYING *THE PSALMS*

WHAT TO LOOK FOR AS YOU STUDY

1

What does the psalm reveal about God's character and his attributes?

2

Does this revelation encourage your faith? Why? Whether yes or no, note your responses to this and communicate them to God during or after your study.

3

Consider the mood of the scripture. What is being portrayed by the psalmist(s)? What type of environment do they seem to be in? Can you relate?

4

Read the psalm out loud. What initial responses are you having?

5

Gain additional information. For example, blueletterbible.org and the study plans on the YouVersion bible app are great tools for bible study. What is the context in which the psalm was written? What else do you discover in your study?

6

What verses really stand out to you? Write them separately and meditate on them.

7

What is God communicating to you as you read the text?

STUDYING *THE PSALMS*

PSALM 23

EXAMPLE STUDY

The Lord Is My Shepherd
A Psalm of David.

The Lord is my shepherd; I shall not want.

**2 He makes me lie down in green pastures.
He leads me beside still waters.**

**3 He restores my soul.
He leads me in paths of righteousness
for his name's sake.**

**4 Even though I walk through the valley of
the shadow of death,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.**

**5 You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.**

**6 Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the Lord
forever.**



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STUDYING *THE PSALMS*

PSALM 23

The Lord Is My Shepherd
A Psalm of David.

SHEPHERD

LEADER

RESTORER

RIGHTEOUS

PRESENT

HELPER

PROVIDER

PLANNER

REDEEMER

The Lord is my shepherd; I shall not want.
2 He makes me lie down in green pastures.
He leads me beside still waters.
3 He restores my soul.
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for his name's sake.
4 Even though I walk through the valley of
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in the presence of my enemies;
you anoint my head with oil;
my cup overflows.
6 Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the Lord
forever.

**WHAT DO YOU NOTICE ABOUT GOD'S
CHARACTER IN THIS PSALM?**

STUDYING *THE PSALMS*

PSALM 23

The Lord Is My Shepherd
A Psalm of David.

SHEPHERD

David explains that God shepherds by 1) leading besides still waters 2) restoring the soul 3) leading to paths of righteousness for his glory. Where else do you see this character of God mentioned in scripture? *John 10:11-18*. What other scriptures can you think of? Why do you assume God being a shepherd makes David not want or feel he's lacking in anything? How do you see God being a shepherd in your life

LEADER

Twice, David mentions this characteristic of God in the text. Where has God led you in life? How has God led you in life?

RESTORER

The text implies that God's heart is to bring us good. To restore someone's soul would mean that it was lost or needed to be brought or put back. God sees that and brings it back to life. What do you think restoring a soul means? How does this make you feel? Are there parts of your soul you feel need to be restored or renewed?

PRESENT

RIGHTEOUS

Even though the circumstances looked dire (walking through the valley of the shadow of death), David wholeheartedly knew God was still with him. Do you feel that God is with you?

God leads with purpose. According to the text, it's for his righteousness and glory. How does the bible define righteousness and its paths? Where have you seen it mentioned in scripture? What do you find when you look it up?

COMFORTER

David was comforted by the tools, protection, and guidance God uses to lead us.

HELPER PROVIDER PLANNER

What is God doing when we walk with him? David says that he's preparing a table for us. Even when it looks like defeat, God triumphs over it. Where else in scripture have you seen this side of God's character? Romans 8:26; Exodus 15, Exodus 17. Why should you feel confident that God is doing the same with you?

REDEEMER

The text implies that God brought David purpose and a sense of belonging. In 1 Samuel, God anointed David as the next king of Israel. In this text, David isn't king yet but he remembers the purpose God gave him instead of focusing on the dark times he's facing.

The Lord is my shepherd; I shall not want.
2 **He makes me lie down in green pastures.**
He leads me beside still waters.
3 **He restores my soul.**
He leads me in paths of righteousness
for his name's sake.
4 **Even though I walk through the valley of**
the shadow of death,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.
5 **You prepare a table before me**
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.
6 **Surely goodness and mercy shall follow me**
all the days of my life,
and I shall dwell in the house of the Lord
forever.

- How does this psalm and study connect to your existing understanding of God?
- What season of life is David in, circumstance? Does it relate to the one you're in? What are some tips you can take from this psalm and apply to your season?

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STUDYING *THE PSALMS*

- **How else are you observing the text?**
- **What can you take from it?**

PSALM 23

The Lord Is My Shepherd
A Psalm of David.

The Lord is my shepherd; I shall not want.
2 He makes me lie down in green pastures.
He leads me beside still waters
3 He restores my soul.
He leads me in paths of righteousness
for his name's sake.
4 Even though I walk through the valley of
the shadow of death,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.
5 You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.
6 Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the Lord
forever.

David knows 'I shall not want' because God is leading him and God has told us in his word that he knows what we need before a word is even on our lips (Psalm 139:4).

God is not in a hurry with me. He wants me not to run but to walk next to him, the everlasting well that never runs dry (John 4). A well that can't be shaken or moved because God doesn't change or alter himself.

If I ever doubt why I should follow God and walk with him, David tells me it's because God won't lead me astray. The path of still waters leads me to a purpose, a plan, and a future.

Despite death looking near to David, he feared no evil because he knew that God was his shepherd and if God was leading him besides still waters and had anointed him in the past, this couldn't be the end. David knew that even in this, God was still working on his behalf. He found comfort in knowing that God hadn't abandoned him.

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STUDYING *THE PSALMS*

FINAL STUDY NOTES

MAIN POINTS OF THE PSALM

- God is my shepherd
- God will help and restore me
- God has a purpose and plan for my life
- God is leading regardless of how things may look
- God is leading regardless of how I may be feeling

WHAT RESONATED IN THE PSALM

David knew that God wasn't leading him aimlessly. In his hardship, David was still anointed. He looked towards the hope of becoming King that God gave him in previous seasons when he wasn't going through dark times. Because God was with him, David knew that God's blessings and attributes also followed him including God's goodness and mercy.

VERSE I WANT TO MEDITATE ON

He leads me in paths of
righteousness for his name's sake.



PRAYING *THE PSALMS* SECTION 2



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PRAYING *THE PSALMS*

**PRAYING
BASED ON A
STUDY**

1

INVITE THE HOLY SPIRIT

2

CHOOSE A PSALM FROM SECTION 3 OR PRAY
FOR GOD TO GIVE YOU ONE TO PRAY INTO
YOUR DESIRE(S)

3

READ THE ENTIRE PSALM TO UNDERSTAND THE POINT OF
VIEW AND INTENTION OF THE PSALMIST

4

PAUSE AT EACH VERSE AND PERSONALIZE IT

5

CONTEMPLATE IF/WHEN GOD HAS FULFILLED THE
PSALMIST'S REQUEST IN YOUR LIFE

6

PRAY EACH VERSE YOU'VE PERSONALIZED
BACK TO GOD OR SIMPLY RECITE THE VERSES
AS THEY ARE

7

CREATE YOUR OWN PRAYER CATEGORIES YOU
CAN PULL FROM FOR PRAISE, WORSHIP, OR
DIFFERENT SEASONS YOU FACE



PRAYING *THE PSALMS*

PSALM 23

EXAMPLE PRAYER

1

The Lord Is My Shepherd
A Psalm of David.

- The Lord is my shepherd; I shall not want.**
- 2 He makes me lie down in green pastures.
He leads me beside still waters.**
- 3 He restores my soul.
He leads me in paths of righteousness
for his name's sake.**
- 4 Even though I walk through the valley of
the shadow of death,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.**
- 5 You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.**
- 6 Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the Lord
forever.**



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PRAYING *THE PSALMS*

PSALM 23

The Lord Is My Shepherd
A Psalm of David.

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you anoint my head with oil;
my cup overflows.**

**6 Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the Lord
forever.**

PROVISION

GUIDANCE

FAITH

CONFIDENCE

VINDICATION

WHAT PRAYER THEMES DO YOU SEE?

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PRAYING THE PSALMS

PSALM 23

PROVISION

Jesus, thank you for being my shepherd. I pray that you help me enjoy the peace that comes with walking with you. Help me lie down in the green pastures you have for me. Please bring me revelation on what this looks like in my life. I pray to trust in you and the plans you have for me. I pray for the strength and grace to not want, to not envy, but to trust in you and your faithfulness in leading me besides your still waters.

The Lord Is My Shepherd
A Psalm of David.

The Lord is my shepherd; I shall not want.

2 He makes me lie down in green pastures.

He leads me beside still waters.

3 He restores my soul.

**He leads me in paths of righteousness
for his name's sake.**

**4 Even though I walk through the valley of
the shadow of death,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.**

**5 You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.**

**6 Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the Lord
forever.**

GUIDANCE

Heavenly Father, thank you for watching over me. In the Name of Jesus, I pray that I can listen to your direction over my life. I pray to continue to be led into your paths of righteousness. Please guide me in _____, _____, _____. Give me the discernment to know when I'm following the paths you've laid out for me.

FAITH

CONFIDENCE

God, please give me the confidence that David had. In the Name of Jesus, I pray to walk boldly in my faith and to not grow discouraged. I pray to not grow weary if my circumstances don't look the way I want them to. I trust that you are with me.

Lord, I pray to thank you for being with me. Please reveal to me the ways you've been with me when I haven't perceived it. Help me lean on your joy and strength in the season of life that I'm in.

VINDICATION

Heavenly Father,
In the Name of Jesus, I pray that you vindicate me. I am blessed because your goodness and mercy follow me all the days of my life. I pray that you anoint my head with oil and make my cup overflow. I pray to dwell in your house. I pray for my family to dwell in your house.

HOW WOULD YOU
PERSONALIZE THIS
PSALM FOR PRAYER
BASED ON THE THEMES
YOU SEE?

PRAYING *THE PSALMS*

PRAYING LIKE A PSALMIST

1

READ THE ENTIRE PSALM TO UNDERSTAND THE PSALMIST'S
POINT OF VIEW AND THEIR INTENTION

2

FOLLOW THE EXAMPLE OF THE PSALMIST
WHOSE PSALM YOU'VE STUDIED

3

PRAY USING THE APPROACH OF THE PSALMIST

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PRAYING THE PSALMS

PSALM 118

His Steadfast Love Endures Forever

Oh give thanks to the Lord, for he is good;
for his steadfast love endures forever!

2 Let Israel say,

"His steadfast love endures forever."

3 Let the house of Aaron say,

"His steadfast love endures forever."

4 Let those who fear the Lord say,

"His steadfast love endures forever."

5 Out of my distress I called on the Lord;
the Lord answered me and set me free.

6 The Lord is on my side; I will not fear.

What can man do to me?

7 The Lord is on my side as my helper;
I shall look in triumph on those who hate me.

8 It is better to take refuge in the Lord
than to trust in man.

9 It is better to take refuge in the Lord
than to trust in princes.

10 All nations surrounded me;
in the name of the Lord I cut them off!

11 They surrounded me, surrounded me on every side;
in the name of the Lord I cut them off!

12 They surrounded me like bees;
they went out like a fire among thorns;
in the name of the Lord I cut them off!

13 I was pushed hard, so that I was falling,
but the Lord helped me.

14 The Lord is my strength and my song;
he has become my salvation.

15 Glad songs of salvation
are in the tents of the righteous:

"The right hand of the Lord does valiantly,

16 the right hand of the Lord exalts,
the right hand of the Lord does valiantly!"

17 I shall not die, but I shall live,
and recount the deeds of the Lord.

18 The Lord has disciplined me severely,
but he has not given me over to death.

19 Open to me the gates of righteousness,
that I may enter through them
and give thanks to the Lord.

20 This is the gate of the Lord;
the righteous shall enter through it.

21 I thank you that you have answered me
and have become my salvation.

22 The stone that the builders rejected
has become the cornerstone.

23 This is the Lord's doing;
it is marvelous in our eyes.

24 This is the day that the Lord has made;
let us rejoice and be glad in it.

25 Save us, we pray, O Lord!
O Lord, we pray, give us success!

26 Blessed is he who comes in the name of the Lord!
We bless you from the house of the Lord.

27 The Lord is God,
and he has made his light to shine upon us.
Bind the festal sacrifice with cords,
up to the horns of the altar!

28 You are my God, and I will give thanks to you;
you are my God; I will extol you.

29 Oh give thanks to the Lord, for he is good;
for his steadfast love endures forever!

EXAMPLE PRAYER

2

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PRAYING *THE PSALMS*

PSALM 118

His Steadfast Love Endures Forever

**Oh give thanks to the Lord, for he is good;
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2 Let Israel say,

"His steadfast love endures forever."

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4 Let those who fear the Lord say,

"His steadfast love endures forever."

**5 Out of my distress I called on the Lord;
the Lord answered me and set me free.**

6 The Lord is on my side; I will not fear.

What can man do to me?

**7 The Lord is on my side as my helper;
I shall look in triumph on those who hate me.**

**8 It is better to take refuge in the Lord
than to trust in man.**

**9 It is better to take refuge in the Lord
than to trust in princes.**

**10 All nations surrounded me;
in the name of the Lord I cut them off!**

**11 They surrounded me, surrounded me on every side;
in the name of the Lord I cut them off!**

**12 They surrounded me like bees;
they went out like a fire among thorns;
in the name of the Lord I cut them off!**

**13 I was pushed hard, so that I was falling,
but the Lord helped me.**

**14 The Lord is my strength and my song;
he has become my salvation.**

15 Glad songs of salvation

David first proclaims God's goodness and starts the psalm with praise for God. David commands those who fear God - including himself - to give thanks because God is innately good, faithful, and his love endures forever.

David believes by faith that God hears him. He recounts the times in his life God has answered him and recites scripture over his burst of faith.

David also speaks God's word over himself and his situation. Throughout the bible, we are told not to fear.

Goes back to proclaiming to himself what God has done in his life.

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PRAYING *THE PSALMS*

DAVID'S PRAYER PATTERN IN PSALM 118

1. He praises God by uplifting God's name over everything
2. He recounts all the good works that God has done in his life and uses that to uplift his soul
3. He acknowledges how he's feeling and hands it to God
4. He uplifts God's attributes
5. He encourages his own faith
6. He hopes in the knowing that it's a new day and he prays for what he needs while simultaneously claiming the blessings of God
7. He urgently asks for God's help
8. He closes out the prayer by exalting God's name again



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PRAYING *THE PSALMS*

HOW TO PRAY LIKE DAVID PRAYED IN PSALM 118

- **PRAISE GOD**
- **UPLIFT HIS NAME OVER EVERYTHING YOU'RE PRAYING FOR**

Oh give thanks to the Lord, for he is good;
for his steadfast love endures forever!
Psalm 118:1

- **REMEMBER WHAT GOD HAS DONE**
- **VOICE IT IN YOUR PRAYER**

Out of my distress I called on the Lord;
the Lord answered me and set me free.
Psalm 118:5

- **STATE THE EMOTIONS YOU'RE FEELING TO GOD**

Out of my distress I called on the Lord;
the Lord answered me and set me free.
Psalm 118:5

- **LIFT HIS NAME AND ATTRIBUTES OVER THEM**
- **PRAY FOR HIM TO RELEASE YOU FROM THEM**
- **ENCOURAGE YOURSELF IN THE PRAYER**

The Lord is on my side; I will not fear.
What can man do to me?
The Lord is on my side as my helper;
I shall look in triumph on those who hate me.
Psalm 118:6-7

- **TRUST THAT GOD WILL**
- **BELIEVE BY FAITH THAT GOD WILL HELP YOU**

It is better to take refuge in the Lord
than to trust in man.
It is better to take refuge in the Lord
than to trust in princes.
Psalm 118:8-9



PRAYING *THE PSALMS*

PSALM 119

EXAMPLE PRAYER

3

Daleth

**25 My soul clings to the dust;
give me life according to your word!**

**26 When I told of my ways, you answered me;
teach me your statutes!**

**27 Make me understand the way of your precepts,
and I will meditate on your wondrous works.**

**28 My soul melts away for sorrow;
strengthen me according to your word!**

**29 Put false ways far from me
and graciously teach me your law!**

**30 I have chosen the way of faithfulness;
I set your rules before me.**

**31 I cling to your testimonies, O Lord;
let me not be put to shame!**

**32 I will run in the way of your commandments
when you enlarge my heart!**



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PRAYING *THE PSALMS*

PSALM 119

Daleth

**25 My soul clings to the dust;
give me life according to your word!**

**26 When I told of my ways, you answered me;
teach me your statutes!**

**27 Make me understand the way of your precepts,
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**28 My soul melts away for sorrow;
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and graciously teach me your law!**

**30 I have chosen the way of faithfulness;
I set your rules before me.**

**31 I cling to your testimonies, O Lord;
let me not be put to shame!**

**32 I will run in the way of your commandments
when you enlarge my heart!**

ask for God to
give you wisdom
in how to deal
with a situation
you're facing

meditate and
pray for
understanding
on what he
reveals to you

pray for
protection
before you
receive what he
has for you

Dear Heavenly Father,
In the Name of Jesus, I
pray that you enlarge
my heart so that my life
can be an overflow of
what you are doing and
teaching me.

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PRAYING *THE PSALMS*

PSALM 128

EXAMPLE PRAYER

4

Blessed Is Everyone Who Fears the Lord

**Blessed is everyone who fears the Lord,
who walks in his ways!**

**2 You shall eat the fruit of the labor of your
hands;
you shall be blessed, and it shall be well
with you.**

**3 Your wife will be like a fruitful vine
within your house;
your children will be like olive shoots
around your table.**

**4 Behold, thus shall the man be blessed
who fears the Lord.**

**5 The Lord bless you from Zion!
May you see the prosperity of Jerusalem
all the days of your life!**

**6 May you see your children's children!
Peace be upon Israel!**



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PRAYING THE PSALMS

I pray that my husband and I are blessed for fearing you Lord. I pray that we eat the fruit of the labor of our hands. I pray that my children are blessed for fearing you Lord. I pray that you established their careers and bless them in eating the fruits of their labor.

PSALM 128

Blessed Is Everyone Who Fears the Lord

**Blessed is everyone who fears the Lord,
who walks in his ways!**

**2 You shall eat the fruit of the labor of your
hands;
you shall be blessed, and it shall be well
with you.**

**3 Your wife will be like a fruitful vine
within your house;
your children will be like olive shoots
around your table.**

**4 Behold, thus shall the man be blessed
who fears the Lord.**

**5 The Lord bless you from Zion!
May you see the prosperity of Jerusalem
all the days of your life!**

**6 May you see your children's children!
Peace be upon Israel!**

God, in the Name of Jesus, I
pray to see my children's
children. I pray for peace
upon my family. I pray for
peace upon my household. I
pray for peace upon my
country.

W
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R
D

F
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R

W
O
R
D

Bless is my household for
fearing the Lord

Dear Heavenly Father, In
Jesus' Name, I pray that my
wife is like a fruitful vine
within our house and my
children are like olive shoots
around our table.

I pray to see the
prosperity of my
household and my
family, of my
children, of my
loved ones all the
days of my life.

AW

DAUGHTER IN WAITING
MINISTRY

PRAYING *THE PSALMS*

PSALM 91

My Refuge and My Fortress

EXAMPLE PRAYER

5

He who dwells in the shelter of the Most High
will abide in the shadow of the Almighty.
2 I will say to the Lord, "My refuge and my fortress,
my God, in whom I trust."
3 For he will deliver you from the snare of the fowler
and from the deadly pestilence.
4 He will cover you with his pinions,
and under his wings you will find refuge;
his faithfulness is a shield and buckler.
5 You will not fear the terror of the night,
nor the arrow that flies by day,
6 nor the pestilence that stalks in darkness,
nor the destruction that wastes at noonday.
7 A thousand may fall at your side,
ten thousand at your right hand,
but it will not come near you.
8 You will only look with your eyes
and see the recompense of the wicked.
9 Because you have made the Lord your dwelling place—
the Most High, who is my refuge—
10 no evil shall be allowed to befall you,
no plague come near your tent.
11 For he will command his angels concerning you
to guard you in all your ways.
12 On their hands they will bear you up,
lest you strike your foot against a stone.
13 You will tread on the lion and the adder;
the young lion and the serpent you will trample underfoot.
14 "Because he holds fast to me in love, I will deliver him;
I will protect him, because he knows my name.
15 When he calls to me, I will answer him;
I will be with him in trouble;
I will rescue him and honor him.
16 With long life I will satisfy him
and show him my salvation."

AW

DAUGHTER IN WAITING
MINISTRY

PRAYING THE PSALMS

PSALM 91

My Refuge and My Fortress

He who dwells in the shelter of the Most High
will abide in the shadow of the Almighty.

2 I will say to the Lord, "My refuge and my fortress,
my God, in whom I trust."

3 For he will deliver you from the snare of the fowler
and from the deadly pestilence.

4 He will cover you with his pinions,
and under his wings you will find refuge;
his faithfulness is a shield and buckler.

5 You will not fear the terror of the night,
nor the arrow that flies by day,

6 nor the pestilence that stalks in darkness,
nor the destruction that wastes at noonday.

7 A thousand may fall at your side,
ten thousand at your right hand,
but it will not come near you.

8 You will only look with your eyes
and see the recompense of the wicked.

9 Because you have made the Lord your dwelling place—
the Most High, who is my refuge—

10 no evil shall be allowed to befall you,
no plague come near your tent.

11 For he will command his angels concerning you
to guard you in all your ways.

12 On their hands they will bear you up,
lest you strike your foot against a stone.

13 You will tread on the lion and the adder;
the young lion and the serpent you will trample underfoot.

14 "Because he holds fast to me in love, I will deliver him;
I will protect him, because he knows my name.

15 When he calls to me, I will answer him;
I will be with him in trouble;

I will rescue him and honor him.

16 With long life I will satisfy him
and show him my salvation."

W
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Dear Heavenly Father,

Your word in Psalm 91 says that whoever dwells in your shelter will abide in your shadow. I say to you Lord, "My refuge and my fortress, my God, in whom I trust." I pray that you deliver me from the snare of the fowler and from the deadly pestilence. I pray that you cover me with your pinions, and under your wings I pray to find refuge. I pray that I do not fear the terror of the night but that I only look with my eyes and see the recompense of the wicked. I pray to make you my dwelling place, my refuge, and because of this, I pray that no evil befalls me and no plague come near my tent. I pray that you command your angels concerning me to guard me and on their hands to bear me up, lest I strike my foot against a stone.

In Jesus' Name,
Amen



PRAYING *THE PSALMS*

PSALM 25

Teach Me Your Paths

To you, O Lord, I lift up my soul.
 2 O my God, in you I trust;
 let me not be put to shame;
 let not my enemies exult over me.
 3 Indeed, none who wait for you shall be put to shame;
 they shall be ashamed who are wantonly treacherous.
 4 Make me to know your ways, O Lord;
 teach me your paths.
 5 Lead me in your truth and teach me,
 for you are the God of my salvation;
 for you I wait all the day long.
 6 Remember your mercy, O Lord, and your steadfast love,
 for they have been from of old.
 7 Remember not the sins of my youth or my transgressions;
 according to your steadfast love remember me,
 for the sake of your goodness, O Lord!
 8 Good and upright is the Lord;
 therefore he instructs sinners in the way.
 9 He leads the humble in what is right,
 and teaches the humble his way.
 10 All the paths of the Lord are steadfast love and faithfulness,
 for those who keep his covenant and his testimonies.
 11 For your name's sake, O Lord,
 pardon my guilt, for it is great.
 12 Who is the man who fears the Lord?
 Him will he instruct in the way that he should choose.
 13 His soul shall abide in well-being,
 and his offspring shall inherit the land.
 14 The friendship of the Lord is for those who fear him,
 and he makes known to them his covenant.
 15 My eyes are ever toward the Lord,
 for he will pluck my feet out of the net.
 16 Turn to me and be gracious to me,
 for I am lonely and afflicted.
 17 The troubles of my heart are enlarged;
 bring me out of my distresses.
 18 Consider my affliction and my trouble,
 and forgive all my sins.
 19 Consider how many are my foes,
 and with what violent hatred they hate me.
 20 Oh, guard my soul, and deliver me!
 Let me not be put to shame, for I take refuge in you.
 21 May integrity and uprightness preserve me,
 for I wait for you.
 22 Redeem Israel, O God,
 out of all his troubles.

EXAMPLE PRAYER

6

AW

DAUGHTER IN WAITING
MINISTRY

PRAYING *THE PSALMS*

PSALM 25

Teach Me Your Paths

To you, O Lord, I lift up my soul.

2 O my God, in you I trust;

let me not be put to shame;

let not my enemies exult over me.

3 Indeed, none who wait for you shall be put to shame;
they shall be ashamed who are wantonly treacherous.

4 Make me to know your ways, O Lord;
teach me your paths.

5 Lead me in your truth and teach me,
for you are the God of my salvation;
for you I wait all the day long.

6 Remember your mercy, O Lord, and your steadfast love,
for they have been from of old.

7 Remember not the sins of my youth or my transgressions;
according to your steadfast love remember me,
for the sake of your goodness, O Lord!

8 Good and upright is the Lord;
therefore he instructs sinners in the way.

9 He leads the humble in what is right,
and teaches the humble his way.

10 All the paths of the Lord are steadfast love and faithfulness,
for those who keep his covenant and his testimonies.

11 For your name's sake, O Lord,
pardon my guilt, for it is great.

12 Who is the man who fears the Lord?
Him will he instruct in the way that he should choose.

13 His soul shall abide in well-being,
and his offspring shall inherit the land.

14 The friendship of the Lord is for those who fear him,
and he makes known to them his covenant.

15 My eyes are ever toward the Lord,
for he will pluck my feet out of the net.

16 Turn to me and be gracious to me,
for I am lonely and afflicted.

17 The troubles of my heart are enlarged;
bring me out of my distresses.

18 Consider my affliction and my trouble,
and forgive all my sins.

19 Consider how many are my foes,
and with what violent hatred they hate me.

20 Oh, guard my soul, and deliver me!

Let me not be put to shame, for I take refuge in you.

21 May integrity and uprightness preserve me,
for I wait for you.

22 Redeem Israel, O God,
out of all his troubles.

W
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W
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D

Dear Heavenly Father,

To You, I lift up my soul. I trust in you God, please do not put me to shame. Do not let those against me exalt over me. Indeed, none who wait for you shall be put to shame. Make me know your ways, O Lord; teach me your paths. Lead me in your truth and teach me, for you are the God of my salvation, for you I wait all the day long. Remember your mercy and your steadfast love. Remember your mercy and your steadfast love for my family, my spouse, my children. All the paths of the Lord are steadfast love and faithfulness, for those who keep his covenant and his testimonies. Your friendship is for those who fear you, to us you make known your covenant. My eyes are ever toward you, for you will pluck my feet out of the net. I pray you pluck my children's feet out of the net. Turn to me and my loved ones and be gracious to us. Oh, guard our souls and deliver us. Redeem us, God, out of all of our troubles.

In Jesus' Name,
Amen



AW

DAUGHTER IN WAITING
MINISTRY



CATEGORIZING *THE PSALMS* SECTION 3



DAUGHTER IN WAITING
MINISTRY

CATEGORIZING *THE PSALMS*

This section groups each psalm into a prayer category that you can use to pray over any situation.

You'll notice that a couple of psalms are listed in more than one prayer category. As you pray, read, and study, add psalms or specific verses to a list you individualize for yourself.



AW

DAUGHTER IN WAITING
MINISTRY

CATEGORIZING *THE PSALMS*

CATEGORIES

- PRAISE & WORSHIP
- WALKING WITH GOD & HAVING FAITH
- WAITING ON GOD
- HELP FOR TRIALS & BATTLES
- FINDING STRENGTH & PROTECTION IN GOD
- PROVISION
- BLESSINGS
- PURPOSE
- PEACE & COMFORT
- FAMILY & CHILDREN
- WISDOM & GUIDANCE
- FEELING SORROW & FEELING DISTANT FROM GOD
- VINDICATION & JUDGMENT
- FORGIVENESS & REPENTANCE



DAUGHTER IN WAITING
MINISTRY

CATEGORIZING *THE PSALMS*

- PSALM 7
- PSALM 8
- PSALM 9
- PSALM 16
- PSALM 18
- PSALM 19
- PSALM 21
- PSALM 22
- PSALM 23
- PSALM 24
- PSALM 26
- PSALM 29
- PSALM 30
- PSALM 33
- PSALM 34
- PSALM 36
- PSALM 40
- PSALM 44
- PSALM 47
- PSALM 48
- PSALM 57
- PSALM 63
- PSALM 65
- PSALM 66
- PSALM 67
- PSALM 68
- PSALM 76
- PSALM 89
- PSALM 92
- PSALM 93
- PSALM 95
- PSALM 96
- PSALM 97
- PSALM 98
- PSALM 99
- PSALM 100
- PSALM 103
- PSALM 104
- PSALM 105
- PSALM 106
- PSALM 108
- PSALM 111
- PSALM 112
- PSALM 113
- PSALM 114
- PSALM 115
- PSALM 116
- PSALM 117
- PSALM 118
- PSALM 134

PRAISE & WORSHIP

A stylized, handwritten-style logo consisting of the letters 'AW' in a cursive font, enclosed within a decorative, flowing line.

DAUGHTER IN WAITING
MINISTRY

CATEGORIZING *THE PSALMS*

WALKING WITH GOD & HAVING FAITH

- PSALM 8
- PSALM 9
- PSALM 14
- PSALM 15
- PSALM 16
- PSALM 18
- PSALM 19
- PSALM 20
- PSALM 23
- PSALM 25
- PSALM 27
- PSALM 31
- PSALM 37
- PSALM 52
- PSALM 53
- PSALM 65
- PSALM 81
- PSALM 84
- PSALM 86
- PSALM 89
- PSALM 91
- PSALM 92
- PSALM 101
- PSALM 103
- PSALM 112
- PSALM 116
- PSALM 119
- PSALM 121
- PSALM 123
- PSALM 125
- PSALM 139

- PSALM 4
- PSALM 6
- PSALM 25
- PSALM 31
- PSALM 33
- PSALM 35
- PSALM 37
- PSALM 38
- PSALM 39
- PSALM 40
- PSALM 52
- PSALM 55
- PSALM 62
- PSALM 69
- PSALM 130

WAITING ON GOD



DAUGHTER IN WAITING
MINISTRY

CATEGORIZING *THE PSALMS*

- PSALM 3
- PSALM 4
- PSALM 5
- PSALM 6
- PSALM 7
- PSALM 9
- PSALM 10
- PSALM 17
- PSALM 18
- PSALM 20
- PSALM 21
- PSALM 22
- PSALM 27
- PSALM 28
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- PSALM 31
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- PSALM 86
- PSALM 88
- PSALM 94
- PSALM 102
- PSALM 107
- PSALM 109
- PSALM 116
- PSALM 118
- PSALM 119
- PSALM 120
- PSALM 121
- PSALM 124
- PSALM 138
- PSALM 140
- PSALM 141
- PSALM 142
- PSALM 143
- PSALM 145

HELP, TRIALS, & BATTLES



DAUGHTER IN WAITING
MINISTRY

CATEGORIZING *THE PSALMS*

- PSALM 2
- PSALM 7
- PSALM 8
- PSALM 9
- PSALM 10
- PSALM 11
- PSALM 16
- PSALM 18
- PSALM 27
- PSALM 28
- PSALM 29
- PSALM 30
- PSALM 31
- PSALM 37
- PSALM 40
- PSALM 46
- PSALM 49
- PSALM 55
- PSALM 56
- PSALM 57
- PSALM 59
- PSALM 61
- PSALM 62
- PSALM 63
- PSALM 68
- PSALM 71
- PSALM 73
- PSALM 81
- PSALM 84
- PSALM 86
- PSALM 89
- PSALM 91
- PSALM 94
- PSALM 105
- PSALM 112
- PSALM 118
- PSALM 121
- PSALM 138
- PSALM 140
- PSALM 142
- PSALM 144

STRENGTH & PROTECTION



DAUGHTER IN WAITING
MINISTRY

CATEGORIZING *THE PSALMS*

PROVISION

- PSALM 23
- PSALM 34
- PSALM 36
- PSALM 37
- PSALM 41
- PSALM 65
- PSALM 68
- PSALM 84
- PSALM 104
- PSALM 107
- PSALM 111
- PSALM 112
- PSALM 126
- PSALM 127
- PSALM 145

- | | | |
|------------|-------------|-------------|
| • PSALM 1 | • PSALM 37 | • PSALM 144 |
| • PSALM 2 | • PSALM 40 | • PSALM 146 |
| • PSALM 3 | • PSALM 41 | |
| • PSALM 5 | • PSALM 67 | |
| • PSALM 8 | • PSALM 84 | |
| • PSALM 16 | • PSALM 89 | |
| • PSALM 20 | • PSALM 90 | |
| • PSALM 21 | • PSALM 91 | |
| • PSALM 23 | • PSALM 94 | |
| • PSALM 24 | • PSALM 106 | |
| • PSALM 28 | • PSALM 112 | |
| • PSALM 29 | • PSALM 115 | |
| • PSALM 32 | • PSALM 119 | |
| • PSALM 33 | • PSALM 128 | |
| • PSALM 34 | • PSALM 132 | |
| • PSALM 36 | • PSALM 133 | |

BLESSINGS

AW

DAUGHTER IN WAITING
MINISTRY

CATEGORIZING *THE PSALMS*

PURPOSE

- PSALM 8
- PSALM 23
- PSALM 37
- PSALM 57
- PSALM 87
- PSALM 119
- PSALM 139

PEACE & COMFORT

- PSALM 4
- PSALM 8
- PSALM 23
- PSALM 29
- PSALM 34
- PSALM 39
- PSALM 46
- PSALM 49
- PSALM 84
- PSALM 119
- PSALM 120
- PSALM 122



DAUGHTER IN WAITING
MINISTRY

CATEGORIZING *THE PSALMS*

FAMILY & CHILDREN

- PSALM 34
- PSALM 45
- PSALM 68
- PSALM 89
- PSALM 90
- PSALM 91
- PSALM 96
- PSALM 101
- PSALM 102
- PSALM 103
- PSALM 105
- PSALM 122
- PSALM 127
- PSALM 128
- PSALM 132
- PSALM 133
- PSALM 144
- PSALM 145
- PSALM 148
- PSALM 149
- PSALM 150

WISDOM & GUIDANCE

- PSALM 1
- PSALM 5
- PSALM 16
- PSALM 19
- PSALM 25
- PSALM 27
- PSALM 32
- PSALM 37
- PSALM 48
- PSALM 49
- PSALM 90
- PSALM 92
- PSALM 119
- PSALM 139

AW

DAUGHTER IN WAITING
MINISTRY

CATEGORIZING *THE PSALMS*

- PSALM 4
- PSALM 10
- PSALM 13
- PSALM 22
- PSALM 38
- PSALM 39
- PSALM 42
- PSALM 44
- PSALM 51
- PSALM 55
- PSALM 56
- PSALM 60
- PSALM 61
- PSALM 62
- PSALM 63
- PSALM 73
- PSALM 74
- PSALM 82
- PSALM 83
- PSALM 85
- PSALM 86
- PSALM 88
- PSALM 102
- PSALM 142
- PSALM 143

**FEELING SORROW &
DISTANT FROM GOD**



DAUGHTER IN WAITING
MINISTRY

CATEGORIZING *THE PSALMS*

- PSALM 1
- PSALM 2
- PSALM 3
- PSALM 5
- PSALM 6
- PSALM 7
- PSALM 9
- PSALM 10
- PSALM 11
- PSALM 12
- PSALM 14
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- PSALM 79
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- PSALM 83
- PSALM 94
- PSALM 96
- PSALM 98
- PSALM 110
- PSALM 123
- PSALM 129
- PSALM 137
- PSALM 140
- PSALM 149

VINDICATION & JUDGMENT



DAUGHTER IN WAITING
MINISTRY

CATEGORIZING *THE PSALMS*

- PSALM 7
- PSALM 32
- PSALM 38
- PSALM 39
- PSALM 51
- PSALM 86
- PSALM 130
- PSALM 139

FORGIVENESS & REPENTANCE



AW

DAUGHTER IN WAITING
MINISTRY

**The
End**

