

90-Day Reading Plan for the Psalms

Family, welcome to my 90-day reading plan for the Psalms.

The Psalms are the greatest collection of prayers God has given His people. Every condition of the human heart is found in the Psalms, and that is why God's people have returned to them for centuries. They were written not only to read and study but to be prayed. David prayed them. Israel sang them. Jesus quoted them. The early church leaned on them. Suffering believers have whispered them in dark places, and faithful saints have spoken them at the end of their lives. They endure because they meet you where you are and lift your heart toward God.

Because of this rich heritage, I have developed a 90-day plan to read and pray the Psalms five days a week, morning and evening. I want you to join me on this journey.

It is not about how much you read, but about how deeply you listen. Read slowly. Read aloud whenever you can. Let the Word move through your ears and settle into your heart, not merely pass through your eyes into your mind. God has designed faith to grow by hearing His Word, and Scripture reminds us that the direction of life flows from the heart. As you read, give the Holy Spirit time to impress the truth upon you. What truly shapes your life is not information absorbed, but truth received and believed.

You must learn to live the Word. It must alter your thinking so that it fans the flame of the spark the Holy Spirit ignites within you, transforming your life. I want you to experience a spiritual revival that not only touches your life but influences the lives of those around you.

These readings are set for morning and evening. Try to do it upon awakening and before retiring. Try to be consistent in the practice. It will not take much time to do this, and you will gain much more than the cost of your time. Weekends are provided for reflection and, if needed, to catch up on the previous week..

As you read, do five things. 1) Pray and ask for revelation. 2) Read the words slowly without rushing. 3) Listen for an understanding. 4) Pay attention to what the Holy Spirit brings into your heart. 5) Pray and ask for guidance to apply the word to your life today.

A phrase may stand out. A verse may press on your conscience. Read and speak it several times over and listen. Ask our Father why He drew your attention there. The truth may bring comfort or correction. Do not force anything. Wait quietly and allow the Holy Spirit to apply the Word in His time and His way to your life.

My study has shown that this is the approach that faithful believers throughout history have taken in reading the Psalms, and their counsel still serves us well.

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by Bishop Jim Lowe

Read personally, as if the psalm was placed in your hands for today. Read prayerfully, speaking the words back to God. They will not return to Him empty. Read patiently, returning to the same truths again and again. Read with Christ in view, asking how each psalm finds its fulfillment in Him. And read honestly, bringing your real condition before our Father, knowing that He welcomes truthful prayers.

My prayer for you is that through this plan, your prayer life will deepen, your faith will become stronger, your awareness of God's presence will grow, and your love for Christ will increase. Stay faithful to the process. Let the Word speak. Let the Spirit guide. And let Father draw you closer to Himself through the Psalms He has given for all our good.

Also know that I am walking this journey with you. I, too, will be reading the Psalms each day just as you are, listening carefully, praying honestly, and learning as the Holy Spirit speaks. From time to time, I will share what our Father is showing me—in our DADS class, in conversation, and online—as we move through this plan together. This is not meant to be a solitary exercise. I hope we can come together on one accord in the Word and share our experiences.

Therefore, I also encourage you, if possible, to partner with someone, a spouse, a family member, or another believer or someone else in DADS class. There is power in agreement. Check in with one another and share your experience. Pray for one another and hold each other accountable. This commitment should go deeper than an average book club. This is not just another book. This is God's Word, and it is worthy of your time, attention, and devotion.

Stay faithful to the reading, even on days when it feels ordinary and even on days when it feels difficult. God honors those who diligently seek Him through His Word. If you get behind, just pick up with the current day. Don't try to go back. Don't become discouraged. The Psalms are not a linear instruction. God will give you a word for the current day.

If you did not have the opportunity to start with us, begin with the day of the journey we are on, and go forward with us. Our unity is important, and it is God's will for us, and He will bless us for honoring Him.

Remember, when you open the Psalms, you are stepping onto holy ground. God meets His people there. Every emotion, every struggle, every fear, every hope is given voice there. The Psalms teach us how to come before Father with honesty, reverence, and faith.

Do not underestimate what Our Father will do through this season of reading for you. He will steady your heart, correct your thinking, comfort you in difficulty, deepen your prayer life, and draw you closer to Christ.

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I am grateful to walk this path with you. Now, let us read together, pray together, listen together, and expect Our Father in Heaven to speak as He conforms us more into the image of His Son through the Psalms.

Bishop Jim Lowe

Psalms in 90 Days – Week 1

Monday–Friday readings with Morning and Evening sessions.
Read aloud slowly and prayerfully.

Monday – Day 1

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 1** — *The Way of the Righteous and the Wicked*
- **Psalm 2** — *The Reign of the LORD's Anointed*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 3** — *Save Me, O My God*

Tuesday – Day 2

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 4** — *Answer Me When I Call*
- **Psalm 5** — *Lead Me in Your Righteousness*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 6** — *O LORD, Deliver My Life*

Wednesday – Day 3

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 7** — *In You Do I Take Refuge*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 8** — *How Majestic Is Your Name*

Thursday – Day 4

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 9:1-10** — *I Will Recount Your Wonderful Deeds*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 9:11-20** — *I Will Recount Your Wonderful Deeds*

Friday – Day 5

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 10** — *Why, O LORD, Do You Stand Far Away?*

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Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 11** — *The LORD Is in His Holy Temple*
- **Psalm 12** — *The Faithful Have Vanished*

Weekend Reflection – Week 1

Re-read one or more psalms from this week aloud that have impressed your spirit

Mark one repeated word or phrase

Identify one doctrinal truth to carry into next week

Ask our Father to help you obey what you understood

Psalms in 90 Days – Week 2

Monday–Friday readings with Morning and Evening sessions.

Read aloud slowly and prayerfully.

Monday – Day 6

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 13** — *How Long, O LORD?*
- **Psalm 14** — *The Fool Says, There Is No God*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 15** — *Who Shall Dwell on Your Holy Hill?*
- **Psalm 16** — *You Will Not Abandon My Soul*

Tuesday – Day 7

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 17:1–9** — *In the Shadow of Your Wings*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 17:10–15** — *In the Shadow of Your Wings*

Wednesday – Day 8

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 18:1–24** — *The LORD Is My Rock and My Fortress*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 18:25–50** — *The LORD Is My Rock and My Fortress*

Thursday – Day 9

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 19** — *The Law of the LORD Is Perfect*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 20** — *Trust in the Name of the LORD Our God*

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Friday – Day 10

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 21:1–7** — *The King Rejoices in the LORD's Strength*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 21:8–13** — *The King Rejoices in the LORD's Strength*

Weekend Reflection – Week 2

Re-read one or more psalms from this week aloud that have impressed your spirit

Mark one repeated word or phrase

Identify one doctrinal truth to carry into next week

Ask our Father to help you obey what you understood

Psalms in 90 Days – Week 3

Monday–Friday readings with Morning and Evening sessions.

Read aloud slowly and prayerfully.

Monday – Day 11

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 22:1–21** — *Why Have You Forsaken Me?*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 22:22–31** — *Why Have You Forsaken Me?*

Tuesday – Day 12

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 23** — *The LORD Is My Shepherd*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 24** — *The King of Glory*

Wednesday – Day 13

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 25** — *Teach Me Your Paths*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 26** — *I Will Bless the LORD*

Thursday – Day 14

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 27** — *The LORD Is My Light and My Salvation*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 28** — *The LORD Is My Strength*

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Friday – Day 15

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 29** — *Ascribe to the LORD Glory*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 30** — *You Have Turned My Mourning into Dancing*

Weekend Reflection – Week 3

Re-read one or more psalms from this week aloud that have impressed your spirit

Mark one repeated word or phrase

Identify one doctrinal truth to carry into next week

Ask our Father to help you obey what you understood

Psalms in 90 Days – Week 4

Monday–Friday readings with Morning and Evening sessions.

Read aloud slowly and prayerfully.

Monday – Day 16

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 31:1–13** — *In You, O LORD, Do I Take Refuge*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 31:14–24** — *In You, O LORD, Do I Take Refuge*
- **Psalm 32** — *Blessed Are the Forgiven*

Tuesday – Day 17

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 33:1–11** — *The Steadfast Love of the LORD*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 33:12–22** — *The Steadfast Love of the LORD*

Wednesday – Day 18

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 34:1–10** — *Taste and See That the LORD Is Good*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 34:11–22** — *Taste and See That the LORD Is Good*

Thursday – Day 19

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 35:1–18** — *Great Is the LORD*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

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- **Psalm 35:19-28** — *Great Is the LORD*
- **Psalm 36** — *How Precious Is Your Steadfast Love*

Friday – Day 20

Morning Reading: *Est. aloud reading time: 4-5 minutes*

- **Psalm 37:1-20** — *Fret Not Yourself Because of Evildoers*

Evening Reading: *Est. aloud reading time: 3-5 minutes*

- **Psalm 37:21-40** — *Fret Not Yourself Because of Evildoers*

Weekend Reflection – Week 4

Re-read one or more psalms from this week aloud that have impressed your spirit

Mark one repeated word or phrase

Identify one doctrinal truth to carry into next week

Ask our Father to help you obey what you understood

Psalms in 90 Days – Week 5

Monday-Friday readings with Morning and Evening sessions.

Read aloud slowly and prayerfully.

Monday – Day 21

Morning Reading: *Est. aloud reading time: 4-5 minutes*

- **Psalm 38:1-11** — *Do Not Forsake Me, O LORD*

Evening Reading: *Est. aloud reading time: 3-5 minutes*

- **Psalm 38:12-22** — *Do Not Forsake Me, O LORD*

Tuesday – Day 22

Morning Reading: *Est. aloud reading time: 4-5 minutes*

- **Psalm 39:1-6** — *What Is the Measure of My Days?*

Evening Reading: *Est. aloud reading time: 3-5 minutes*

- **Psalm 39:7-13** — *What Is the Measure of My Days?*

Wednesday – Day 23

Morning Reading: *Est. aloud reading time: 4-5 minutes*

- **Psalm 40:1-10** — *I Waited Patiently for the LORD*

Evening Reading: *Est. aloud reading time: 3-5 minutes*

- **Psalm 40:11-17** — *I Waited Patiently for the LORD*

Thursday – Day 24

Morning Reading: *Est. aloud reading time: 4-5 minutes*

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- **Psalm 41** — *O LORD, Be Gracious to Me*
Evening Reading: *Est. aloud reading time: 3–5 minutes*
- **Psalm 42** — *Why Are You Cast Down, O My Soul?*
- **Psalm 43** — *Send Out Your Light and Your Truth*

Friday – Day 25

- Morning Reading:** *Est. aloud reading time: 4–5 minutes*
- **Psalm 44:1–15** — *Come to Our Help*
- Evening Reading:** *Est. aloud reading time: 3–5 minutes*
- **Psalm 44:16–26** — *Come to Our Help*

Weekend Reflection – Week 5

Re-read one or more psalms from this week aloud that have impressed your spirit
Mark one repeated word or phrase
Identify one doctrinal truth to carry into next week
Ask our Father to help you obey what you understood

Psalms in 90 Days – Week 6

Monday–Friday readings with Morning and Evening sessions.
Read aloud slowly and prayerfully.

Monday – Day 26

- Morning Reading:** *Est. aloud reading time: 4–5 minutes*
- **Psalm 45** — *Your Throne, O God, Is Forever*
- Evening Reading:** *Est. aloud reading time: 3–5 minutes*
- **Psalm 46** — *God Is Our Refuge and Strength*
 - **Psalm 47** — *God Is King over All the Earth*

Tuesday – Day 27

- Morning Reading:** *Est. aloud reading time: 4–5 minutes*
- **Psalm 48** — *Zion, the City of Our God*
- Evening Reading:** *Est. aloud reading time: 3–5 minutes*
- **Psalm 49** — *Why Should I Fear in Times of Trouble?*

Wednesday – Day 28

- Morning Reading:** *Est. aloud reading time: 4–5 minutes*
- **Psalm 50:1–15** — *The Mighty One, God the LORD*
- Evening Reading:** *Est. aloud reading time: 3–5 minutes*
- **Psalm 50:16–23** — *The Mighty One, God the LORD*

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Thursday – Day 29

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 51:1–9** — *Create in Me a Clean Heart, O God*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 51:10–19** — *Create in Me a Clean Heart, O God*

Friday – Day 30

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 52** — *Why Do You Boast of Evil?*
- **Psalm 53** — *The Fool Says, There Is No God*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 54** — *Save Me, O God*

Weekend Reflection – Week 6

Re-read one or more psalms from this week aloud that have impressed your spirit

Mark one repeated word or phrase

Identify one doctrinal truth to carry into next week

Ask our Father to help you obey what you understood

Psalms in 90 Days – Week 7

Monday–Friday readings with Morning and Evening sessions.

Read aloud slowly and prayerfully.

Monday – Day 31

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 55:1–11** — *Cast Your Burden on the LORD*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 55:12–23** — *Cast Your Burden on the LORD*

Tuesday – Day 32

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 56** — *In God I Trust*
- **Psalm 57** — *Let Your Glory Be over All the Earth*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 58** — *God Who Judges the Earth*

Wednesday – Day 33

Morning Reading: *Est. aloud reading time: 4–5 minutes*

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- **Psalm 59:1-10** — *Deliver Me from My Enemies*
Evening Reading: *Est. aloud reading time: 3-5 minutes*
- **Psalm 59:11-17** — *Deliver Me from My Enemies*
- **Psalm 60** — *Restore Us Again*

Thursday – Day 34

- Morning Reading:** *Est. aloud reading time: 4-5 minutes*
- **Psalm 61** — *Lead Me to the Rock*
- Evening Reading:** *Est. aloud reading time: 3-5 minutes*
- **Psalm 62** — *My Soul Waits for God Alone*

Friday – Day 35

- Morning Reading:** *Est. aloud reading time: 4-5 minutes*
- **Psalm 63** — *My Soul Thirsts for You*
- Evening Reading:** *Est. aloud reading time: 3-5 minutes*
- **Psalm 64** — *Hide Me from the Wicked*

Weekend Reflection – Week 7

Re-read one or more psalms from this week aloud that have impressed your spirit
Mark one repeated word or phrase
Identify one doctrinal truth to carry into next week
Ask our Father to help you obey what you understood

Psalms in 90 Days – Week 8

Monday-Friday readings with Morning and Evening sessions.
Read aloud slowly and prayerfully.

Monday – Day 36

- Morning Reading:** *Est. aloud reading time: 4-5 minutes*
- **Psalm 65** — *O God of Our Salvation*
- Evening Reading:** *Est. aloud reading time: 3-5 minutes*
- **Psalm 66** — *Shout for Joy to God*

Tuesday – Day 37

- Morning Reading:** *Est. aloud reading time: 4-5 minutes*
- **Psalm 67** — *Let the Nations Be Glad*
 - **Psalm 68:1-18** — *God Shall Scatter His Enemies*
- Evening Reading:** *Est. aloud reading time: 3-5 minutes*
- **Psalm 68:19-35** — *God Shall Scatter His Enemies*

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Wednesday – Day 38

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 69:1–18** — *Save Me, O God*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 69:19–36** — *Save Me, O God*

Thursday – Day 39

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 70** — *Make Haste, O God, to Deliver Me*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 71:1–12** — *Forsake Me Not When My Strength Is Spent*

Friday – Day 40

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 71:13–24** — *Forsake Me Not When My Strength Is Spent*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 72** — *Give the King Your Justice*

Weekend Reflection – Week 8

Re-read one or more psalms from this week aloud that have impressed your spirit

Mark one repeated word or phrase

Identify one doctrinal truth to carry into next week

Ask our Father to help you obey what you understood

Psalms in 90 Days – Week 9

Monday–Friday readings with Morning and Evening sessions.

Read aloud slowly and prayerfully.

Monday – Day 41

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 73** — *Whom Have I in Heaven but You?*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 74** — *Arise, O God, Defend Your Cause*

Tuesday – Day 42

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 75** — *God Will Judge with Equity*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 76** — *Who Is to Be Feared but You?*

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Wednesday – Day 43

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 77:1–10** — *In the Day of Trouble I Seek the LORD*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 77:11–20** — *In the Day of Trouble I Seek the LORD*

Thursday – Day 44

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 78:1–19** — *Tell the Coming Generation*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 78:20–38** — *Tell the Coming Generation*

Friday – Day 45

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 78:39–55** — *Tell the Coming Generation*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 78:56–72** — *Tell the Coming Generation*

Weekend Reflection – Week 9

Re-read one or more psalms from this week aloud that have impressed your spirit

Mark one repeated word or phrase

Identify one doctrinal truth to carry into next week

Ask our Father to help you obey what you understood

Psalms in 90 Days – Week 10

Monday–Friday readings with Morning and Evening sessions.

Read aloud slowly and prayerfully.

Monday – Day 46

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 79** — *Help Us, O God of Our Salvation*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 80** — *Restore Us, O God*

Tuesday – Day 47

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 81** — *Oh, That My People Would Listen to Me*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 82** — *God Has Taken His Place in the Divine Council*

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Wednesday – Day 48

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 83** — *O God, Do Not Keep Silence*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 84** — *How Lovely Is Your Dwelling Place*

Thursday – Day 49

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 85** — *Restore Us Again*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 86** — *Great Is Your Steadfast Love*

Friday – Day 50

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 87** — *Glorious Things of You Are Spoken*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 88:1–9** — *I Cry Out Day and Night*

Weekend Reflection – Week 10

Re-read one or more psalms from this week aloud that have impressed your spirit

Mark one repeated word or phrase

Identify one doctrinal truth to carry into next week

Ask our Father to help you obey what you understood

Psalms in 90 Days – Week 11

Monday–Friday readings with Morning and Evening sessions.

Read aloud slowly and prayerfully.

Monday – Day 51

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 88:10–18** — *I Cry Out Day and Night*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 89:1–18** — *I Will Sing of the Steadfast Love of the LORD*

Tuesday – Day 52

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 89:19–52** — *I Will Sing of the Steadfast Love of the LORD*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 90** — *From Everlasting to Everlasting*

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Wednesday – Day 53

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 91** — *My Refuge and My Fortress*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 92** — *It Is Good to Give Thanks to the LORD*

Thursday – Day 54

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 93** — *The LORD Reigns*
- **Psalm 94:1–11** — *The LORD Will Not Forsake His People*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 94:12–23** — *The LORD Will Not Forsake His People*

Friday – Day 55

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 95** — *Let Us Sing Songs of Praise*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 96** — *Declare His Glory*

Weekend Reflection – Week 11

Re-read one or more psalms from this week aloud that have impressed your spirit

Mark one repeated word or phrase

Identify one doctrinal truth to carry into next week

Ask our Father to help you obey what you understood

Psalms in 90 Days – Week 12

Monday–Friday readings with Morning and Evening sessions.

Read aloud slowly and prayerfully.

Monday – Day 56

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 97** — *The LORD Reigns*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 98** — *Make a Joyful Noise*

Tuesday – Day 57

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 99** — *The LORD Our God Is Holy*

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- **Psalm 100** — *His Steadfast Love Endures Forever*
Evening Reading: *Est. aloud reading time: 3–5 minutes*
- **Psalm 101** — *I Will Walk with Integrity*

Wednesday – Day 58

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 102:1–11** — *Do Not Hide Your Face from Me*
Evening Reading: *Est. aloud reading time: 3–5 minutes*
- **Psalm 102:12–28** — *Do Not Hide Your Face from Me*

Thursday – Day 59

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 103:1–12** — *Bless the LORD, O My Soul*
Evening Reading: *Est. aloud reading time: 3–5 minutes*
- **Psalm 103:13–22** — *Bless the LORD, O My Soul*

Friday – Day 60

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 104:1–18** — *O LORD My God, You Are Very Great*
Evening Reading: *Est. aloud reading time: 3–5 minutes*
- **Psalm 104:19–35** — *O LORD My God, You Are Very Great*

Weekend Reflection – Week 12

Re-read one or more psalms from this week aloud that have impressed your spirit

Mark one repeated word or phrase

Identify one doctrinal truth to carry into next week

Ask our Father to help you obey what you understood

Psalms in 90 Days – Week 13

Monday–Friday readings with Morning and Evening sessions.

Read aloud slowly and prayerfully.

Monday – Day 61

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 105:1–18** — *Tell of All His Wondrous Works*
Evening Reading: *Est. aloud reading time: 3–5 minutes*
- **Psalm 105:19–45** — *Tell of All His Wondrous Works*

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Tuesday – Day 62

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 106:1–23** — *Give Thanks to the LORD*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 106:24–48** — *Give Thanks to the LORD*

Wednesday – Day 63

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 107:1–22** — *Let the Redeemed of the LORD Say So*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 107:23–43** — *Let the Redeemed of the LORD Say So*

Thursday – Day 64

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 108** — *With God We Shall Do Valiantly*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 109** — *Help Me, O LORD My God*

Friday – Day 65

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 110** — *Sit at My Right Hand*
- **Psalm 111** — *Great Are the Works of the LORD*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 112** — *The Righteous Will Never Be Moved*

Weekend Reflection – Week 13

Re-read one or more psalms from this week aloud that have impressed your spirit

Mark one repeated word or phrase

Identify one doctrinal truth to carry into next week

Ask our Father to help you obey what you understood

Psalms in 90 Days – Week 14

Monday–Friday readings with Morning and Evening sessions.

Read aloud slowly and prayerfully.

Monday – Day 66

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 113** — *Who Is Like the LORD Our God?*
- **Psalm 114** — *Tremble, O Earth, at the Presence of the LORD*

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90-Day Psalms Reading Plan
by Bishop Jim Lowe

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 115** — *To Your Name Give Glory*

Tuesday – Day 67

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 116:1–11** — *I Love the LORD*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 116:12–19** — *I Love the LORD*
- **Psalm 117** — *Praise the LORD, All Nations*

Wednesday – Day 68

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 118:1–18** — *His Steadfast Love Endures Forever*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 118:19–29** — *His Steadfast Love Endures Forever*

Thursday – Day 69

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 119:1–16** — *Your Word Is a Lamp to My Feet*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 119:17–32** — *Your Word Is a Lamp to My Feet*

Friday – Day 70

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 119:33–44** — *Your Word Is a Lamp to My Feet*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 119:45–56** — *Your Word Is a Lamp to My Feet*

Weekend Reflection – Week 14

Re-read one or more psalms from this week aloud that have impressed your spirit

Mark one repeated word or phrase

Identify one doctrinal truth to carry into next week

Ask our Father to help you obey what you understood

Psalms in 90 Days – Week 15

Monday–Friday readings with Morning and Evening sessions.

Read aloud slowly and prayerfully.

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Monday – Day 71

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 119:57–72** — *Your Word Is a Lamp to My Feet*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 119:73–88** — *Your Word Is a Lamp to My Feet*

Tuesday – Day 72

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 119:89–104** — *Your Word Is a Lamp to My Feet*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 119:105–120** — *Your Word Is a Lamp to My Feet*

Wednesday – Day 73

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 119:121–132** — *Your Word Is a Lamp to My Feet*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 119:133–144** — *Your Word Is a Lamp to My Feet*

Thursday – Day 74

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 119:145–160** — *Your Word Is a Lamp to My Feet*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 119:161–176** — *Your Word Is a Lamp to My Feet*

Friday – Day 75

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 120** — *Deliver Me, O LORD*
- **Psalm 121** — *My Help Comes from the LORD*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 122** — *Let Us Go to the House of the LORD*

Weekend Reflection – Week 15

Re-read one or more psalms from this week aloud that have impressed your spirit

Mark one repeated word or phrase

Identify one doctrinal truth to carry into next week

Ask our Father to help you obey what you understood

Psalms in 90 Days – Week 16

Monday–Friday readings with Morning and Evening sessions.

Read aloud slowly and prayerfully.

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Monday – Day 76

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 123** — *Our Eyes Look to the LORD Our God*
- **Psalm 124** — *Our Help Is in the Name of the LORD*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 125** — *Those Who Trust in the LORD*

Tuesday – Day 77

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 126** — *Restore Our Fortunes, O LORD*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 127** — *Unless the LORD Builds the House*

Wednesday – Day 78

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 128** — *Blessed Is Everyone Who Feels the LORD*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 129** — *They Have Afflicted Me from My Youth*

Thursday – Day 79

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 130** — *Out of the Depths I Cry to You*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 131** — *I Have Calmed and Quieted My Soul*

Friday – Day 80

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 132:1–9** — *The LORD Has Chosen Zion*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 132:10–18** — *The LORD Has Chosen Zion*

Weekend Reflection – Week 16

Re-read one or more psalms from this week aloud that have impressed your spirit

Mark one repeated word or phrase

Identify one doctrinal truth to carry into next week

Ask our Father to help you obey what you understood

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Psalms in 90 Days – Week 17

Monday–Friday readings with Morning and Evening sessions.
Read aloud slowly and prayerfully.

Monday – Day 81

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 133** — *Behold, How Good and Pleasant It Is*
- **Psalm 134** — *Come, Bless the LORD*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 135:1–14** — *Your Name, O LORD, Endures Forever*

Tuesday – Day 82

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 135:15–21** — *Your Name, O LORD, Endures Forever*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 136** — *His Steadfast Love Endures Forever*

Wednesday – Day 83

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 137** — *How Shall We Sing the LORD’s Song?*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 138** — *Thanksgiving for the LORD’s Favor*

Thursday – Day 84

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 139:1–12** — *Search Me, O God, and Know My Heart*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 139:13–24** — *Search Me, O God, and Know My Heart*

Friday – Day 85

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 140** — *Deliver Me, O LORD*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 141** — *Give Ear to My Voice*

Weekend Reflection – Week 17

Re-read one or more psalms from this week aloud that have impressed your spirit

Mark one repeated word or phrase

Identify one doctrinal truth to carry into next week

Ask our Father to help you obey what you understood

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Psalms in 90 Days – Week 18

Monday–Friday readings with Morning and Evening sessions.
Read aloud slowly and prayerfully.

Monday – Day 86

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 142** — *You Are My Refuge*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 143** — *Hear My Prayer, O LORD*

Tuesday – Day 87

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 144** — *My Rock and My Fortress*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 145** — *The Greatness of the LORD*

Wednesday – Day 88

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 146** — *Put Not Your Trust in Princes*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 147** — *He Heals the Brokenhearted*

Thursday – Day 89

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 148** — *Praise the Name of the LORD*
- **Psalm 149** — *Sing to the LORD a New Song*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 150** — *Let Everything Praise the LORD*

Friday – Day 90

Morning Reading: *Est. aloud reading time: 4–5 minutes*

- **Psalm 2** — *The rebellion against God and Christ*

Evening Reading: *Est. aloud reading time: 3–5 minutes*

- **Psalm 1** — *The final outcome of the wicked and the righteous*

Weekend Reflection – Week 18

Re-read one or more psalms from this week aloud that have impressed your spirit

Mark one repeated word or phrase

Identify one doctrinal truth to carry into next week

Ask our Father to help you obey what you understood

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