

# PSALMS

## THE RHYTHM AND PRACTICE OF PRAYER

### A GUIDE FOR BIBLE READING & PRAYER

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Throughout history, God's people have made it a habit of waking early to meditate on Scripture, and to pray, and doing the same in the late hours before going to bed (Psalm 1, 4, 5). At Veritas, we want to challenge those within our particular expression of God's family to take up this sacred rhythm.

When you rise in the morning and before you go to bed in the evening take a Bible and this booklet. Read and meditate on the Scripture texts. Pray the prayers. Write down pray requests, thanksgivings, and questions about the Scripture text. Make sure that you don't rush through reading and praying. What we are embarking on here is slow and quiet work.

On the mornings and evenings that you don't feel like engaging, do so anyway and trust that the Lord will honor your faithfulness. He faithfully forms and reforms us through ordinary habits like these in ways that we won't immediately recognize.

## OPENING MEDITATION

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“Jesus came into Galilee, proclaiming the gospel of God, and saying, ‘The time is fulfilled, and the kingdom of God is at hand; repent and believe in the gospel.’”

- Mark 1:14-15

“You shall be holy, for I the LORD your God am holy.”

- Leviticus 19:2

## READING / MEDITATION PLAN

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We believe that reading the Bible slowly and meditating on a text for a period of time is a wonderful way to read the Bible. Reading widely and quickly is very helpful too—especially if you’re not very familiar with the Bible. But slowing down—meditating, memorizing, and marinating in Sacred Scripture is necessary and something that the majority of us don’t make time for. So as we work through these six Psalms as a church, we want to encourage you to take time to do just that. Every week has just one reading, and they are all fairly short. Everyday, morning and evening, gently read the Psalm of the week several times over, memorize them, write them down in a notebook, and think deeply about what they say. We trust that this will be of great reward to you as you enjoy God through his Word.

2/18 - 2/24	Psalm 1	3/11 - 3/17	Psalm 51
2/25 - 3/3	Psalm 5	3/18 - 3/24	Psalm 56
3/4 - 3/10	Psalm 4	3/25 - 3/28	Psalm 118

## PRAYER BASED ON THE READING

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Praying through the ACTS (Adoration, Confession, Thanksgiving, Supplication) acrostic is a simple and easy to remember way of praying based on a passage of Scripture. It requires some intentional reflection and meditation as you read a passage, allowing the Scripture text to be worked into your heart. And it causes your prayers to be informed by the Word of God. After reading the selected text every of the week, take a few minutes to adore God, confess sin, give thanks, and offer supplications.

ADORATION - What is revealed about God in this Psalm that you can adore?

CONFESSION - What in this Psalm is leading you to confess your sin to God?

THANKSGIVING - What in this Psalm reveals the Gospel for which you can give thanks?

SUPPLICATION - What petitions (personal requests) and intercessions (requests for others) do you have to bring before the Lord?

# PRAYER OF THE WEEK

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## FROM 2/18 - 2/24

Blessed Lord, who caused all Holy Scriptures to be written for our learning: Grant us so to hear them, read, mark, learn, and inwardly digest them, that we may embrace and ever hold fast the blessed hope of everlasting life, which you have given us in our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

## FROM 2/25 - 3/3

Heavenly Father, you made us for yourself, and our hearts are restless until they rest in you: Look upon the heartfelt desires of your humble servants, and stretch forth the strong hand of your Majesty to be our defense against our enemies; through Jesus Christ our Lord; who lives and reigns with you and the Holy Spirit, world without end. Amen.

## FROM 3/4 - 3/10

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

## FROM 3/11 - 3/17

Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

## FROM 3/18 - 3/24

Lord our God, whose blessed Son our Savior gave his back to be whipped and did not hide his face from shame and spitting: Give us grace to accept joyfully the sufferings of the present time, confident of the glory that shall be revealed; through Jesus Christ your Son our Lord; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

## FROM 3/25 - 3/28

Almighty God, Father of all mercies, we your unworthy servants give you humble thanks for all your goodness and loving-kindness to us and to all whom you have made. We bless you for our creation, preservation, and all the blessings of this life; but above all for your immeasurable love in the redemption of the world by our Lord Jesus Christ; for the means of grace, and for the hope of glory.

And, we pray, give us such an awareness of your mercies, that with truly thankful hearts we may show forth your praise, not only with our lips, but in our lives, by giving up our selves to your service, and by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be honor and glory throughout all ages. Amen.

# C O N C L U S I O N

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The grace of our Lord Jesus Christ,  
and the love of God,  
and the fellowship of the Holy Spirit,  
be with us all. Amen.

- 2 Corinthians 13:14

The idea for this booklet is based on the Daily Office booklets from Rookie Anglican available at [rookieanglican.com](http://rookieanglican.com)

The weekly prayers and Prayer of Thanksgiving are adapted from the Anglican Church in North America's Text for Common Worship available at [anglicanchurch.net](http://anglicanchurch.net)

