

Psalms for Lent

John Calvin called the Psalms “an anatomy of all parts of the soul.” The Psalms contain the whole range of human emotion—grief, joy, anger, compassion, doubt, confession and praise. Reading the Psalms is a fitting way to move through Lent, a season when we think about our humanity, grieve our sinfulness, and give thanks for the gift of Jesus.

Three Questions to ask when reading a Biblical text from Tim Keller:

1. Adore—What did you learn about God for which you could praise or thank him?
2. Admit—What did you learn about yourself for which you could repent?
3. Aspire—What did you learn about life that you could aspire to, ask for, and act on?

March 5	Psalm 1	April 2	Psalm 109
March 6	Psalm 6	April 3	Psalm 113
March 7	Psalm 8	April 4	Psalm 116
March 8	Psalm 13	April 5	Psalm 121
March 9	Psalm 18	April 6	Psalm 123
March 10	Psalm 22	April 7	Psalm 127
March 11	Psalm 25	April 8	Psalm 130
March 12	Psalm 23	April 9	Psalm 131
March 13	Psalm 27	April 10	Psalm 133
March 14	Psalm 28	April 11	Psalm 139
March 15	Psalm 30	April 12	Psalm 140
March 16	Psalm 33	April 13	Psalm 141
March 17	Psalm 34	April 14	Psalm 142
March 18	Psalm 37	April 15	Psalm 143
March 19	Psalm 40	April 16	Psalm 145
March 20	Psalm 43	April 17	Psalm 146
March 21	Psalm 49	April 18	Psalm 147
March 22	Psalm 46	April 19	Psalm 148
		April 20	Psalm 150
March 23	Psalm 51		
March 24	Psalm 62		
March 25	Psalm 69		
March 26	Psalm 71		
March 27	Psalm 74		
March 28	Psalm 77		
March 29	Psalm 90		
March 30	Psalm 91		
March 31	Psalm 103		
April 1	Psalm 107		