

## Week Four | Psalms 106 – 150

**Memory Verse:** Psalm 150:6, "Let everything that has breath praise the Lord! Praise the Lord!"

**Mon, June 22: Morning: Ps 106–107 | Noon: Ps 108 | Night: Ps 109–110**

- **Focal Passage:** Psalm 107
- This psalm starts with "Let the redeemed of the Lord say so!" How often do you share what God has done in your life? This week find someone to tell your story of salvation to.

**Tue, June 23: Morning: Ps 111–112 | Noon: Ps 113 | Night: Ps 114–115**

- **Focal Passage:** Psalm 112
- What are the characteristics of a person who fears the Lord?

**Wed, June 24: Morning: Ps 116–117 | Noon: Ps 118 | Night: Ps 120–121**

- **Focal Passage:** Psalm 121
- In this short psalm the phrase "he who watches over you/he who keeps you" is listed six times. The Hebrew word used here is *shamar* (translated *keeps and preserve*). How does this promise that the Lord keeps you give you encouragement today?

**Thu, June 25: Morning: Ps 119:1–56 | Noon: Ps 119:57–120 | Night: Ps 119:121–176**

- **Focal Passage:** Psalm 119
- Write down one verse from this psalm that encourages you or stands out to you.

**Fri, June 26: Morning: Ps 122–123 | Noon: Ps 124 | Night: Ps 125–126**

- **Focal Passage:** Psalm 126
- What is the difference between sowing and reaping? Which season do you find yourself in now?

**Sat, June 27: Morning: Ps 127–128 | Noon: Ps 129 | Night: Ps 130–131**

- **Focal Passage:** Psalm 131
- David declares his heart is void of arrogance and pride. He says in verse two, his soul is calmed and quieted. Can you say the same of yourself today? Spend time reflecting if this psalm can be said of you.

**Sun, June 28: Morning: Ps 132–133 | Noon: Ps 134 | Night: Ps 135–136**

- **Focal Passage:** Psalm 133
- Unity is good and pleasant among God's people! Are there any relationships in your life that you need to mend or repair? Seek peace and restoration today.

**Mon, June 29: Morning: Ps 137–138 | Noon: Ps 139 | Night: Ps 140–141**

- **Focal Passage:** Psalm 139
- This psalm is full of good reminders for us: God created you, God knows everything about you, God is always with you. Pray verse 23-24 today.

**Tue, June 30: Morning: Ps 142–143 | Noon: Ps 144–146 | Night: Ps 147–150**

- **Focal Passage:** Psalm 150
- You finished the challenge! Spend time today reflecting by writing your own Psalm of praise and thanksgiving to God. Praise God for the great things he has done in your life.

## SHADY GROVE BAPTIST CHURCH

### PSALMS - June 2026

Dive deeper with these resources:

- Psalms: A 12-Week Study (Knowing the Bible), James M. Hamilton Jr
- <https://www.paultripp.com/psalms>



### Week One | Psalms 1-35

**Memory Verse:** Psalm 13:5-6, "But I have trusted in your steadfast love; my heart shall rejoice in your salvation. I will sing to the Lord, because he has dealt bountifully with me."

**Mon, June 1: Morning: Ps 1–2 | Noon: Ps 3 | Night: Ps 4–5**

- **Focal Passage:** Psalm 1
- Are you actively planting your roots in God's truth, or letting culture or something else dictate your direction?

**Tues, June 2: Morning: Ps 6–7 | Noon: Ps 8 | Night: Ps 9–10**

- **Focal Passage:** Psalm 8
- When you look at the vastness of God's creation, do you feel small in a scary way, or small in a deeply loved, significant way?

**Wed, June 3: Morning: Ps 11–12 | Noon: Ps 13 | Night: Ps 14–15**

- **Focal Passage:** Psalm 13
- This Psalm moves from questioning ("How long?") to trusting. What heavy burden or question do you need to honestly voice to God today?

**Thu, June 4: Morning: Ps 16–17 | Noon: Ps 18 | Night: Ps 19–20**

- **Focal Passage:** Psalm 19
- God reveals Himself through nature (heavens declare) and Scripture (the Word revives). If the heavens declare his glory, shouldn't we do the same? How can you shout his praises today?

**Fri, June 5: Morning: Ps 21–22 | Noon: Ps 23 | Night: Ps 24–25**

- **Focal Passage:** Psalm 22
- This is one of the most significant Messianic Psalms in the Old Testament. It foreshadows what Jesus would endure on the cross. How does Christ's suffering give us victory?

**Sat, June 6: Morning: Ps 26–27 | Noon: Ps 28 | Night: Ps 29–30**

- **Focal Passage:** Psalm 27
- God brought light and salvation to David, which gave him hope. How does your salvation give you hope today?

**Sun, June 7: Morning: Ps 31–32 | Noon: Ps 33 | Night: Ps 34–35**

- **Focal Passage:** Psalm 32
- Spend time confessing and repenting of any sin. Spend time thanking God for the forgiveness he offers to us.

## Week Two | Psalms 36 – 70

**Memory Verse:** Psalm 46:1, "God is our refuge and strength, a very present help in trouble."

**Mon, June 8: Morning: Ps 36–37 | Noon: Ps 38 | Night: Ps 39–40**

- **Focal Passage:** Psalm 37
- "Faith cures fretting. Sight is cross-eyed, and views things only as they seem, hence her envy; faith has clearer optics to behold things as they really are, hence her peace." (Spurgeon) Ask God to give you more faith.

**Tue, June 9: Morning: Ps 41–42 | Noon: Ps 43 | Night: Ps 44–45**

- **Focal Passage:** Psalm 42
- The psalm reminds us to put our hope in God, even when we don't feel like it. When you are anxious or overwhelmed, let this psalm remind you that God wants you to come to him even with your questions and struggles.

**Wed, June 10: Morning: Ps 46–47 | Noon: Ps 48 | Night: Ps 49–50**

- **Focal Passage:** Psalm 46
- Sit and "be still" before God today. What is something you have been holding on to that you need to surrender to him today?

**Thu, June 11: Morning: Ps 51–52 | Noon: Ps 53 | Night: Ps 54–55**

- **Focal Passage:** Psalm 51
- This psalm was written after David's sin with Bathsheba. Let this serve as a reminder that no matter the depths of our sin- God is merciful to those who come to him for cleansing. Acknowledge your transgressions to him and ask him to give you a clean heart today.

**Fri, June 12: Morning: Ps 56–57 | Noon: Ps 58 | Night: Ps 59–60**

- **Focal Passage:** Psalm 56
- God is for you. How does this give you strength to trust him in all things?

**Sat, June 13: Morning: Ps 61–62 | Noon: Ps 63 | Night: Ps 64–65**

- **Focal Passage:** Psalm 63
- "God's lovingkindness is better than life." Do you believe this? Praise Him today for being your Savior today.

**Sun, June 14: Morning: Ps 66–67 | Noon: Ps 68 | Night: Ps 69–70**

- **Focal Passage:** Psalm 67
- *Selah* means to pause- Pause and stop now and take this psalm and turn it into a prayer for the nations and those around you to know and worship him today.

## Week Three | Psalms 71 – 105

**Memory Verse:** Psalm 103:2, "Bless the Lord, O my soul, and forget not all his benefits."

**Mon, June 15: Morning: Ps 71–72 | Noon: Ps 73 | Night: Ps 74–75**

- **Focal Passage:** Psalm 71
- When you picture God as your refuge/rock/fortress, how does that give you strength when you face difficult circumstances?

**Tue, June 16: Morning: Ps 76–77 | Noon: Ps 78 | Night: Ps 79–80**

- **Focal Passage:** Psalm 77
- Remembering God's faithfulness in the past, brings us hope in current storms we face. What is one way God has provided for you in the past that remind you he is faithful?

**Wed, June 17: Morning: Ps 81–82 | Noon: Ps 83 | Night: Ps 84–85**

- **Focal Passage:** Psalm 84
- Knowing what awaits us in heaven, how does this psalm bring you peace today?

**Thu, June 18: Morning: Ps 86–87 | Noon: Ps 88 | Night: Ps 89–90**

- **Focal Passage:** Psalm 90
- "Teach us to number our days, that we may gain a heart of wisdom." This shows us that wisdom is to be learned, it isn't automatic. Ask the Lord to give you a heart of wisdom today.

**Fri, June 19: Morning: Ps 91–92 | Noon: Ps 93 | Night: Ps 94–95**

- **Focal Passage:** Psalm 91
- In verses 1-2, list all four names God is called.

**Sat, June 20: Morning: Ps 96–97 | Noon: Ps 98 | Night: Ps 99–100**

- **Focal Passage:** Psalm 98
- Rejoice in who God is. Praise him through song today.

**Sun, June 21: Morning: Ps 101–102 | Noon: Ps 103 | Night: Ps 104–105**

- **Focal Passage:** Psalm 103
- What is one specific gift from God you are grateful for today?