



The Psalms

1-YEAR READING PLAN

2025 EDITION



HOW TO USE THIS PLAN

Each week, spend time reading the assigned Psalms at your own pace—whether all at once or a little each day.

Throughout the week, take time to **reflect**, **pray** through the Psalms, and **write** down any thoughts or insights the Holy Spirit reveals to you.

A few questions to reflect on would be:

- *What does this Psalm show about the nature & character of God?*
- *What does this Psalm show about the nature of mankind?*
- *How can I apply the truth of this Psalm to my daily life?*

The point is not to simply complete the task of reading—but rather to **make space** in your week to slow down, be quiet and present with God, and let the words of Scripture draw your heart closer to His.



January

WEEK 1

JAN 5 - 11

PSALMS 1-3

WEEK 2

JAN 12 - 18

PSALMS 4-6

WEEK 3

JAN 19 - 25

PSALMS 7-9

WEEK 4

JAN 26 - FEB 1

PSALMS 10-12

February

WEEK 5

FEB 2 - 8

PSALMS 13-15

WEEK 6

FEB 9 - 15

PSALMS 16-18

WEEK 7

FEB 16 - 22

PSALMS 19-21

WEEK 8

FEB 23 - MAR 1

PSALMS 22-24

March

WEEK 9

MAR 2 - 8

PSALMS 25-27

WEEK 10

MAR 9 - 15

PSALMS 28-30

WEEK 11

MAR 16 - 22

PSALMS 31-33

WEEK 12

MAR 23 - 29

PSALMS 34-36

WEEK 13

MAR 30 - APR 5

PSALMS 37-39

April

WEEK 14	APR 6 - 12	PSALMS 40-42
WEEK 15	APR 13 - 19	PSALMS 43-45
WEEK 16	APR 20 - 26	PSALMS 46-48
WEEK 17	APR 27 - MAY 3	PSALMS 49-51

May

WEEK 18	MAY 4 - 10	PSALMS 52-54
WEEK 19	MAY 11 - 17	PSALMS 55-57
WEEK 20	MAY 18 - 24	PSALMS 58-60
WEEK 21	MAY 25 - 31	PSALMS 61-63

June

WEEK 22	JUN 1 - 7	PSALMS 64-66
WEEK 23	JUN 8 - 14	PSALMS 67-69
WEEK 24	JUN 15 - 21	PSALMS 70-72
WEEK 25	JUN 22 - 28	PSALMS 73-75
WEEK 26	JUN 29 - JUL 5	PSALMS 76-78

July

WEEK 27

JUL 6 - 12

PSALMS 79-81

WEEK 28

JUL 13 - 19

PSALMS 82-84

WEEK 29

JUL 20 - 26

PSALMS 85-87

WEEK 30

JUL 27 - AUG 2

PSALMS 88-90

August

WEEK 31

AUG 3 - 9

PSALMS 91-93

WEEK 32

AUG 10 - 16

PSALMS 94-96

WEEK 33

AUG 17 - 23

PSALMS 97-99

WEEK 34

AUG 24 - 30

PSALMS 100-102

WEEK 35

AUG 31 - SEP 6

PSALMS 103-105

September

WEEK 36

SEP 7 - 13

PSALMS 106-108

WEEK 37

SEP 14 - 20

PSALMS 109-111

WEEK 38

SEP 21 - 27

PSALMS 112-114

WEEK 39

SEP 28 - OCT 4

PSALMS 115-117

October

WEEK 40

OCT 5 - 11

PSALMS 118-120

WEEK 41

OCT 12 - 18

PSALMS 121-123

WEEK 42

OCT 19 - 25

PSALMS 124-126

WEEK 43

OCT 26 - NOV 1

PSALMS 127-129

November

WEEK 44

NOV 2 - 8

PSALMS 130-132

WEEK 45

NOV 9 - 15

PSALMS 133-135

WEEK 46

NOV 16 - 22

PSALMS 136-138

WEEK 47

NOV 23 - 29

PSALMS 139-141

WEEK 48

NOV 30 - DEC 6

PSALMS 142-144

December

WEEK 49

DEC 7 - 13

PSALMS 145-147

WEEK 50

DEC 14 - 20

PSALMS 148-150

WEEK 51 + 52

DEC 21 - 31

REFLECTION

Take this time to **reflect** back on the year, **re-read** your favorite Psalms, **pray**, and **write** out your thoughts. *How has reading through the Psalms impacted or changed you this year?*