

At Atlanta First United Methodist Church, we believe that worship doesn't end when the service ends. During the season from Easter to Pentecost, I invite you to join me in praying through the Psalms together as a congregation. These ancient songs of faith hold the full range of human experience—joy and lament, praise and struggle, trust and hope. Each Monday through Saturday, between Easter and Pentecost, read the assigned Psalms and offer the short prayer prompt. Let these scriptures shape your prayer life and deepen your walk with Christ as we celebrate the resurrection and prepare our hearts for the coming of the Holy Spirit. Grace and peace,

—Pastor Jasmine

### Week 1 – Resurrection Begins

- Monday, April 6 - **Psalms 1 - 4**  
*Risen Christ, root my life in your wisdom.*
- Tuesday, April 7 - **Psalms 5 - 8**  
*God of glory, help me begin and end this day trusting you.*
- Wednesday, April 8 - **Psalms 9 - 11**  
*Justice-making God, strengthen my faith.*
- Thursday, April 9 - **Psalms 12 - 15**  
*Holy One, shape my words and actions.*
- Friday, April 10 - **Psalms 16 - 18**  
*God my refuge, remind me you are near.*
- Saturday, April 11 - **Psalms 19 - 21**  
*Creator God, awaken praise within me.*

### Week 2 – Living the New Life

- Monday, April 13 - **Psalms 22 - 24**  
*Faithful God, meet me in suffering and praise.*
- Tuesday, April 14 - **Psalms 25 - 27**  
*Lord, teach me your paths.*
- Wednesday, April 15 - **Psalms 28 - 30**  
*God of restoration, turn mourning into joy.*
- Thursday, April 16 - **Psalms 31 - 33**  
*Steadfast God, hold my life securely.*
- Friday, April 17 - **Psalms 34 - 36**  
*Merciful God, help me taste your goodness.*
- Saturday, April 18 - **Psalms 37 - 39**  
*Patient God, quiet my anxious heart.*

### Week 3 – Trust and Praise

- Monday, April 20 - **Psalms 40 - 42**  
*Living God, lift my soul.*
- Tuesday, April 21 - **Psalms 43 - 45**  
*Guide me in your truth.*
- Wednesday, April 22 - **Psalms 46 - 48**  
*God our refuge, be present in the shaking.*
- Thursday, April 23 - **Psalms 49 - 51**  
*Create in me a clean heart.*
- Friday, April 24 - **Psalms 52 - 54**  
*Faithful God, be my helper.*
- Saturday, April 25 - **Psalms 55 - 57**  
*God of compassion, hear my cry.*

### Week 4 – God Our Refuge

- Monday, April 27 - **Psalms 58 - 60**  
*Righteous God, awaken justice.*
- Tuesday, April 28 - **Psalms 61 - 63**  
*Draw my soul close to you.*
- Wednesday, April 29 - **Psalms 64 - 66**  
*Help me see your wonders.*
- Thursday, April 30 - **Psalms 67 - 69**  
*Let your blessing flow through me.*
- Friday, May 1 - **Psalms 70 - 72**  
*Come quickly to help.*
- Saturday, May 2 - **Psalms 73 - 75**  
*Steady my heart in uncertainty.*

### Week 5 – Wisdom and Worship

- Monday, May 4 - **Psalms 76 - 78**  
*Help me remember your faithfulness.*
- Tuesday, May 5 - **Psalms 79 - 81**  
*Restore hope where it fades.*
- Wednesday, May 6 - **Psalms 82 - 84**  
*Help me love your dwelling.*
- Thursday, May 7 - **Psalms 85 - 87**  
*Let righteousness and peace meet.*
- Friday, May 8 - **Psalms 88 - 90**  
*Hold me through shadow and light.*
- Saturday, May 9 - **Psalms 91 - 93**  
*Teach me to rest in you.*

### Week 6 – The Reign of God

- Monday, May 11 - **Psalms 94 - 96**  
*Fill the earth with justice and joy.*
- Tuesday, May 12 - **Psalms 97 - 99**  
*Let your reign shape my life.*
- Wednesday, May 13 - **Psalms 100 - 102**  
*Help me enter this day with gratitude.*
- Thursday, May 14 - **Psalms 103 - 105**  
*Help me not forget your goodness.*
- Friday, May 15 - **Psalms 106 - 108**  
*Lead me again into grace.*
- Saturday, May 16 - **Psalms 109 - 111**  
*Teach me wisdom and reverence.*

### Week 7 – Songs of Praise

- Monday, May 18 - **Psalms 112 - 115**  
*Shape my life into a blessing.*
- Tuesday, May 19 - **Psalms 116 - 118**  
*I thank you for hearing my voice.*
- Wednesday, May 20 - **Psalms 119**  
*Let your Word light my path.*
- Thursday, May 21 - **Psalms 120 - 125**  
*Guide my journey toward peace.*
- Friday, May 22 - **Psalms 126 - 132**  
*Renew hope where tears have fallen.*
- Saturday, May 23 - **Psalms 133 - 150**  
*Fill my heart with praise.*

### Pentecost Prayer

Holy Spirit, as the Psalms have shaped our prayer, shape our lives so that praise, justice, and love flow into the world.

