

## Speaking to One Another in Psalms Being Honest with God and Others

### The New Testament Invitation

The New Testament authors invite us to engage the Psalms as a means of speaking to God and each other.

1. **Ephesians 5:18-21**
2. **Colossians 3:16**
3. **James 5:13**

### Is It Really Okay To Say...

The Psalms clash with what we think is okay to say to God and others. Partly, this is because we whitewash things. Partly, this is because the Psalms speak the language of experience, not of systematic theology. (Example: “The sun went down” *versus* “The Earth rotated until the visible horizon eclipsed the sun.”)

Still...can you really say “God has abandoned me”? Yes, you can. David did, speaking through the Holy Spirit. Jesus did. If you follow Jesus, why not talk like He did?

When someone says something “forbidden,” don’t squash it. Respond as the Psalms teach you to respond. (Example: Psalm 13)

When your friends try to squash you for saying something “negative” or “wrong,” point them to the Psalms.

### Resources For Learning New Vocabulary

We can’t do this if we don’t engage the Psalms and learn them well.

1. **Your Bible**  
See the charts on the back of this sheet.
2. **Psalms in Musical Form**  
See [www.fullcontactchristianity.org/psalms](http://www.fullcontactchristianity.org/psalms) for a long list of resources.
3. **Reading Verse One**  
Read Psalm 1:1. If that doesn’t catch you, if that’s not where you’re at, then move on to Psalm 2:1, 3:1, and so on, until you find a first verse that catches you. Then pray that psalm, all the way through.  
Don’t just do this when you’re upset.

<b><u>Through the Psalms in a Month</u></b> (Book of Common Prayer)		
<b>Day</b>	<b>Morning</b>	<b>Evening</b>
1	1-5	6-8
2	9-11	12-14
3	15-17	18
4	19-21	22-23
5	24-26	27-29
6	30-31	32-34
7	35-36	37
8	38-40	41-43
9	44-46	47-49
10	50-52	53-55
11	56-58	59-61
12	62-64	65-67
13	68	69-70
14	71-72	73-74
15	75-77	78
16	79-81	82-85
17	86-88	89
18	90-92	93-94
19	95-97	98-101
20	102-103	104
21	105	106
22	107	108-109
23	110-113	114-115
24	116-118	119:1-32
25	119:33-72	119:73-104
26	119:105-144	119:145-176
27	120-125	126-131
28	132-135	136-138
29	139-140	141-143
30	144-146	147-150

<b><u>Through the Psalms in a Week</u></b> (Eastern Orthodox Psalter)		
<b>Day</b>	<b>Morning</b>	<b>Evening</b>
Sunday	9-24	None
Monday	25-37	38-46
Tuesday	47-64	65-70
Wednesday	71-85	86-91
Thursday	92-105	106-109
Friday	135-150	120-134
Saturday	110-119	1-8