

# Praying the Psalms

*Read the Psalm one time,  
paying attention to any  
words or phrases that  
capture your attention.*

*Circle the words or  
phrases that God is  
bringing to mind.*

*Sit with those words or  
phrases and listen as you  
repeat them silently to  
yourself.*

*What do you notice?*

*Read the Psalm again all  
the way through.*

*Is there anything else that  
pops out to you?*

*Listen, then take a moment  
to pray and thank God.*



