

# Reading Through All the Psalms

**Week 1**  
September 8–14

Prepare

**Psalms 120**

**Week 7**  
October 20–26

**Psalms 127**

- ☐ Day 1: Psalms 76–78
- ☐ Day 2: Psalms 79–81
- ☐ Day 3: Psalms 82–84
- ☐ Day 4: Psalms 85–87
- ☐ Day 5: Psalms 88–90

**Week 2**  
September 15–21

**Psalms 121**

- ☐ Day 1: Psalms 1–3
- ☐ Day 2: Psalms 4–6
- ☐ Day 3: Psalms 7–9
- ☐ Day 4: Psalms 10–12
- ☐ Day 5: Psalms 13–15

**Week 8**  
October 27 - November 2

**Psalms 128**

- ☐ Day 1: Psalms 91–93
- ☐ Day 2: Psalms 94–96
- ☐ Day 3: Psalms 97–99
- ☐ Day 4: Psalms 100–102
- ☐ Day 5: Psalms 103–105

**Week 3**  
September 22–28

**Psalms 122**

- ☐ Day 1: Psalms 16–18
- ☐ Day 2: Psalms 19–21
- ☐ Day 3: Psalms 22–24
- ☐ Day 4: Psalms 25–27
- ☐ Day 5: Psalms 28–30

**Week 9**  
November 3–9

**Psalms 129**

- ☐ Day 1: Psalms 106–108
- ☐ Day 2: Psalms 109–111
- ☐ Day 3: Psalms 112–114
- ☐ Day 4: Psalms 115–117
- ☐ Day 5: Psalms 118–119:24

**Week 4**  
September 29 - October 5

**Psalms 123**

- ☐ Day 1: Psalms 31–33
- ☐ Day 2: Psalms 34–36
- ☐ Day 3: Psalms 37–39
- ☐ Day 4: Psalms 40–42
- ☐ Day 5: Psalms 43–45

**Week 10**  
November 10–16

**Psalms 130**

- ☐ Day 1: Psalm 119:25–119:56
- ☐ Day 2: Psalm 119:57–119:88
- ☐ Day 3: Psalm 119:89–119:120
- ☐ Day 4: Psalm 119:121–119:152
- ☐ Day 5: Psalm 119:153–119:176

**Week 5**  
October 6–12

**Psalms 124 or 125**

- ☐ Day 1: Psalms 46–48
- ☐ Day 2: Psalms 49–51
- ☐ Day 3: Psalms 52–54
- ☐ Day 4: Psalms 55–57
- ☐ Day 5: Psalms 58–60

**Week 11**  
November 17–23

**Psalms 131**

- ☐ Day 1: Psalms 121–123
- ☐ Day 2: Psalms 124–126
- ☐ Day 3: Psalms 127–129
- ☐ Day 4: Psalms 130–132
- ☐ Day 5: Psalms 133–135

**Week 6**  
October 13–19

**Psalms 126**

- ☐ Day 1: Psalms 61–63
- ☐ Day 2: Psalms 64–66
- ☐ Day 3: Psalms 67–69
- ☐ Day 4: Psalms 70–72
- ☐ Day 5: Psalms 73–75

**Week 12**  
November 24–30

**Psalms 133**

- ☐ Day 1: Psalms 136–138
- ☐ Day 2: Psalms 139–141
- ☐ Day 3: Psalms 142–144
- ☐ Day 4: Psalms 145–147
- ☐ Day 5: Psalms 148–150

## Personal Growth

### 1. Follow the Series

Commit to the full 12-week journey through the Psalms of Ascent. Be intentional: attend each Sunday—and if you can't, stay engaged by watching the service online.

### 2. Identify One Area of Growth

Ask God where He wants to grow you in this season. This could be in spiritual habits, relationships, emotional health, or practical life changes.

*One area I want to grow in:* \_\_\_\_\_

### 3. Three Prayer Requests

As we did in our Hebrews Series, strengthen your faith by identifying and praying consistently for **three specific requests** during these 12 weeks. Write them down, pray over them regularly, and look for God's answers.

My 3 prayer requests:

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### 4. Complementary Reading

Choose a resource to deepen your journey:

- **Tim Keller – *The Songs of Jesus***: A devotional through the Psalms that connects them to Jesus and daily life.
- **Tim Lane – *How People Change***: A gospel-centered framework for lasting spiritual transformation.

# WALKING WELL GROWTH IN LIFE'S JOURNEY

**September 14 – November 30, 2025**



**51 S. Service Rd  
St. Catharines, ON**

Services every Sundays  
at 9:00 & 10:45

A 12-week series through  
Psalms 120–134  
**The Psalms of Ascent**