

CHURCH ON THE LIVING EDGE

SUMMER OF PSALMS

A Daily Prayer Manual

Fifty-Five Days of Answering Speech

JUNE 7 / JULY 31, 2026

INTRODUCTION

Why the Psalms

We think worship begins with us. We walk in, we lift our hands, we find the words, and we assume the conversation starts when we decide to speak. Put that down this summer. The first move in worship was never ours. Eugene Peterson said it in three words: prayer is answering speech. God spoke first. Before you formed a single word toward heaven, heaven had already spoken toward you.

The Psalms were Israel's prayer book, worship book, theology book, and formation book all at the same time. They are not merely songs. They are Spirit-inspired language for every season of life. When you do not know what to pray, the Psalms pray for you. When you do not know how to praise, the Psalms praise for you. When you do not understand your suffering, the Psalms give language to your pain. When you have forgotten God's faithfulness, the Psalms remind you.

This is why the Psalms teach us that faith is not pretending everything is fine. Faith is bringing everything to God. Walter Brueggemann observed that the Psalms move through three realities: orientation, when life makes sense; disorientation, when life falls apart; and reorientation, when God meets us again. They were not written from mountaintops alone. They were written from valleys, prisons, caves, battlefields, hospitals, funerals, victories, and celebrations. They teach us how to walk with God through all of it.

This manual gives you a psalm a day from the first Sunday of the series to the last. Each week is anchored by the psalm you will hear preached on Sunday, and the days around it walk that same theme deeper. We move from the God who speaks first all the way to his word becoming the light at our feet, and we close the summer rooted by the stream.

HOW TO USE THIS MANUAL

Read. Open your Bible to the day's psalm. The New Living Translation reads beautifully for praying the Psalms, and the New American Standard Bible is excellent if you prefer a more literal text.

Sit. Let the one line beneath the reference name what the psalm is doing in you today.

Pray. Make the prayer your own. It is written as your answer to what God has already said. Pray it until the words stop being borrowed and start being yours.

WEEK ONE // JUNE 7 TO JUNE 13

The God Who Speaks First

SUNDAY ANCHOR PSALM 50:7-15

God clears his throat first, and prayer is our answer.

DAY 1 · SUNDAY, JUNE 7 · PSALM 50:7-15

Prayer is our answer, not our idea.

You spoke before I had words for you, and you ask not for my performance but for a thankful heart and an honest call. I bring no leverage to trade, only gratitude I did not manufacture. You said to call in the day of trouble, so I am calling. Deliver me, not because my words are strong, but because your name is.

DAY 2 · MONDAY, JUNE 8 · PSALM 81

He says open your mouth wide; the filling is his part.

You are the God who brought your people out and asked only that they listen. Forgive the times I closed my mouth to you and opened it to everything else. You say to open wide and you will fill me, so I come empty and expectant. Feed me with what only you can give.

DAY 3 · TUESDAY, JUNE 9 · PSALM 116

Love grows in the soil of answered prayer.

I love you because you bent down and heard me when I had no strength left to be heard. You have been good to me in ways I did not earn and cannot repay. So I will call on you as long as I have breath. What can I give back but a life that keeps answering the God who first answered me.

DAY 4 · WEDNESDAY, JUNE 10 · PSALM 66

Tell the room what God has done.

Come and hear, my own soul, what God has done, because I am quick to forget. You kept my feet from slipping and brought me through fire and water into a place of abundance. I will not stay silent about your goodness. Let my gratitude be loud enough that someone else takes courage.

DAY 5 · THURSDAY, JUNE 11 · PSALM 40

He gave me an open ear before he asked for a sacrifice.

I waited, and you bent down and lifted me out of the pit and set my feet on rock. You wanted my listening more than my offerings, so you opened my ears. Put a new song in my mouth that many will see and trust you. Here I am; I have come to do your will.

DAY 6 · FRIDAY, JUNE 12 · PSALM 107

The cry of the desperate is never wasted on God.

Let the redeemed say so, and I am one of them. When I was lost and hungry and at the end of myself, I cried out and you heard and led me home by a straight way. Thank you for satisfying the longing soul and filling the hungry with good things. I will give thanks for your steadfast love and your wonderful works.

DAY 7 · SATURDAY, JUNE 13 · PSALM 138

On the day I called, he answered and made me bold.

I thank you with my whole heart, for on the day I called you answered me and strengthened my soul. You are high above all things and yet you regard the lowly. Finish what you have started in me, and do not abandon the work of your own hands. Your love endures forever, so I will keep calling.

WEEK TWO // JUNE 14 TO JUNE 20

The Grammar of Gladness

SUNDAY ANCHOR PSALM 100

Gratitude is the doorway into his presence, not the reward at the end.

DAY 8 · SUNDAY, JUNE 14 · PSALM 100

Gratitude is the doorway, not the reward.

You made me and I am yours; I did not assemble myself. Before I bring a single request, let me bring you a settled gladness, not because the week was easy but because you are good. Train my mouth until praise is my first language and not my last resort. I enter your gates with thanksgiving and your courts with praise.

DAY 9 · MONDAY, JUNE 15 · PSALM 96

A new song for mercies that are new.

Your mercies this morning are new, so my song should be too. I will not worship you with yesterday's leftovers when today holds fresh evidence of your goodness. Let me declare your glory among people who have forgotten it. You are worthy, and I want my whole life to say so.

DAY 10 · TUESDAY, JUNE 16 · PSALM 105

Thanksgiving that remembers is thanksgiving that holds.

Help me give thanks by remembering, calling to mind the things you have done that I am tempted to take for granted. Make known among my circle the works of your hand. Let my gratitude have a long memory and a loud voice. Seek the Lord and his strength, my soul, and seek his presence continually.

DAY 11 · WEDNESDAY, JUNE 17 · PSALM 92

It is good to give thanks, morning and night.

It is a good thing to thank you in the morning and to rehearse your faithfulness when the lights go out. You have made me glad by what your hands have done. Keep me fresh and fruitful even in my older seasons, still bearing fruit, still green. Let my whole day be bracketed by gratitude.

DAY 12 · THURSDAY, JUNE 18 · PSALM 150

Let everything that has breath join in.

While I still have breath, I will use it to praise you, for your mighty acts and your surpassing greatness. Let nothing in me sit out the song, not my mind, not my body, not my will. Everything that has breath should praise you, and that includes me today. So I lift the only voice I have.

DAY 13 · FRIDAY, JUNE 19 · PSALM 34

Praise is a habit before it is a feeling.

I will bless you at all times, and your praise will be in my mouth even on the days my feelings lag behind. I sought you and you answered me and delivered me from my fears. Let my testimony make the humble glad. Taste and see is an invitation I want to keep offering with my life.

DAY 14 · SATURDAY, JUNE 20 · PSALM 113

From sunrise to sunset, his name is worthy.

From the rising of the sun to its setting, your name deserves praise, so let mine be a voice in that chorus. You sit enthroned on high and still stoop to lift the poor from the dust. I praise you for being both exalted and near. Frame this whole day in your honor.

WEEK THREE // JUNE 21 TO JUNE 27

Prayer From the Deep Water

SUNDAY ANCHOR PSALM 69:7-18

Faith is not the absence of the flood; it is who you call to when it comes.

DAY 15 · SUNDAY, JUNE 21 · PSALM 69:7-18

Faith is who you call to when the flood arrives.

The water is higher than my answers and I am tired of pretending I am fine. You see the reproach I carry and the weariness I hide behind a strong face. Draw me out of the mire before it closes over me, and answer me out of the goodness of your mercy. Do not hide your face from your sons and daughters in the day of trouble.

DAY 16 · MONDAY, JUNE 22 · PSALM 130

The depths are not too deep for his ear.

Out of the depths I cry to you, and I trust that down here is not beyond your hearing. If you kept a record of sins, no one could stand, but with you there is forgiveness. So I wait for you more than watchmen wait for the morning. My hope is in your steadfast love, and it has never disappointed.

DAY 17 · TUESDAY, JUNE 23 · PSALM 6

He keeps the tears we think no one sees.

I am worn out from my own grief, and my tears have soaked the night. Be gracious to me, for I am weak, and heal what is shaking inside me. You have not turned away from my weeping. Turn, Lord, and deliver my soul, for I know you hear the sound of my crying.

DAY 18 · WEDNESDAY, JUNE 24 · PSALM 13

How long is a faithful question to ask.

How long, Lord, will this last? I am honest enough to ask and faithful enough to keep asking you and not someone else. Give light to my eyes before the weariness wins. Yet even now I choose to trust your steadfast love, and I will sing, because you have dealt bountifully with me.

DAY 19 · THURSDAY, JUNE 25 · PSALM 43

Speak to your soul when it forgets how to hope.

Why are you cast down, O my soul, and why so disquieted within me? I will preach to my own discouragement today and tell it the truth: hope in God, for I shall again praise him. Send out your light and your truth to lead me back. You are the help of my face and my God.

DAY 20 · FRIDAY, JUNE 26 · PSALM 88

Even when the answer delays, the prayer still counts.

This is one of those days when the darkness feels like my closest companion, and still I bring it to you. I have not stopped crying out, even when the heavens seem silent. You are not offended by my honesty; you invited it. I will keep speaking to you in the dark until the morning comes.

DAY 21 · SATURDAY, JUNE 27 · PSALM 31

Into your hands is the safest place to fall.

Into your hands I commit my spirit, the worried part and the weary part alike. Be gracious to me, for I am in distress and my strength is failing. You have set my feet in a broad place before; do it again. Let me be strong and take courage, because I wait for you.

WEEK FOUR // JUNE 28 TO JULY 4

Singing the Steadfast Love

SUNDAY ANCHOR PSALM 89:1-4, 15-18

When circumstances shake, the soul anchors to the love that never moved.

DAY 22 · SUNDAY, JUNE 28 · PSALM 89:1-4, 15-18

Sing what is still true while you wait for it to feel true.

When so much around me feels uncertain, let me sing of the one thing that is not. Your mercy has no expiration and your covenant has no fine print. I will make your faithfulness known with my mouth even on the mornings my feelings lag behind. Be the firm place under my feet and the gladness in my walking.

DAY 23 · MONDAY, JUNE 29 · PSALM 136

One refrain holds through every circumstance.

For everything you have done, the refrain is the same: your steadfast love endures forever. You made the heavens, you part the seas, you remember me in my low estate, and your love never quits. Teach me to read my whole story with that refrain underneath it. Your love endures forever, and so will I.

DAY 24 · TUESDAY, JUNE 30 · PSALM 117

The shortest psalm carries the largest truth.

It does not take many words to say what matters most: great is your love toward me, and your faithfulness endures forever. I praise you with the nations and with my one small voice. When my prayers run long with worry, bring me back to this short and certain thing. You are faithful, and that is enough to build a day on.

DAY 25 · WEDNESDAY, JULY 1 · PSALM 36

His love reaches higher than my failures.

Your steadfast love reaches to the heavens, higher than anything I have done wrong. With you is the fountain of life, and in your light I finally see clearly. Continue your love to me, for I am thirsty for it. Let me drink from the river of your delights and stop settling for puddles.

DAY 26 · THURSDAY, JULY 2 · PSALM 25

Ask him to remember his mercy and forget your worst.

Remember your mercy and steadfast love, for they have been from of old, and do not remember the sins of my younger days. Make me know your ways and teach me your paths. You are good

and upright, so you instruct sinners like me in the way. Lead me in your truth, for you are the God of my salvation.

DAY 27 · FRIDAY, JULY 3 · PSALM 90

His love is the only thing older than my problems.

Before the mountains were born, you are God, and that settles something in me. Satisfy me in the morning with your steadfast love, so I can be glad all my days. Teach me to number my days that I might gain a heart of wisdom. Establish the work of my hands, for it does not last unless you make it last.

DAY 28 · SATURDAY, JULY 4 · PSALM 33

The whole earth is full of his unfailing love.

The earth is full of your steadfast love, and no nation rises or falls outside your sight. Let me trust in your name and not in chariots or armies or my own plans. Our soul waits for you; you are our help and our shield. Let your love rest on me even as I put my hope in you.

WEEK FIVE // JULY 5 TO JULY 11

The Character Behind the Answer

SUNDAY ANCHOR PSALM 145:8-14

Pray from who God is, not from what you are afraid of.

DAY 29 · SUNDAY, JULY 5 · PSALM 145:8-14

Pray from his character, not from your anxiety.

You are gracious and full of compassion, slow to anger and rich in love, so correct the picture of you I inherited from my fear. You are good to all, and your mercies are over everything you have made. You uphold those who fall and lift those bowed down, so I bring you the part of me that is falling. Your kindness is the ground I stand on.

DAY 30 · MONDAY, JULY 6 · PSALM 103

He does not deal with us as our sins deserve.

Bless the Lord, O my soul, and do not forget his benefits, the forgiving, the healing, the redeeming. You are merciful and gracious, slow to anger and abounding in love. You have not dealt with me as my sins deserve, and you remember that I am only dust. As a father has compassion on his children, so you have compassion on me.

DAY 31 · TUESDAY, JULY 7 · PSALM 30

His anger is a moment; his favor is a lifetime.

You have turned my mourning into dancing more times than I can count, and I want to remember that today. Your favor lasts a lifetime even when the weeping lingers for a night. You did not let my troubles have the final word; you lifted me out of the depths. I will not be silent; I will give thanks to you forever.

DAY 32 · WEDNESDAY, JULY 8 · PSALM 111

His works reveal his heart.

Great are your works, studied by all who delight in them. You are gracious and compassionate, and everything you do is faithful and just. You provide, you remember your covenant, you keep every promise. The fear of you is where wisdom begins, so let me start my thinking there.

DAY 33 · THURSDAY, JULY 9 · PSALM 147

The God who counts the stars also heals the heart.

You count the stars and call them each by name, and that same God heals the brokenhearted and binds up their wounds. Your power is beyond measure and your tenderness is beyond

expectation. Heal what is broken in me with the same hands that hold the galaxies. Great are you, Lord, and abundant in power and in care.

DAY 34 · FRIDAY, JULY 10 · PSALM 9

He is a stronghold for the ones the world overlooks.

I will give thanks with my whole heart and tell of all your wonderful deeds. You are a stronghold for the oppressed, a refuge in times of trouble, and you have not forsaken those who seek you. Be that stronghold for the people who feel invisible today, including the part of me that does. Those who know your name put their trust in you.

DAY 35 · SATURDAY, JULY 11 · PSALM 146

He upholds the falling and lifts the bowed down.

I will praise you as long as I live and not put my hope in human powers that cannot save. You uphold the cause of the oppressed, feed the hungry, lift those bowed down, and watch over the stranger. Make me an answer to the prayers of the lowly and not a bystander. You reign forever, and your reign is good.

WEEK SIX // JULY 12 TO JULY 18

The God Who Crowns the Year

SUNDAY ANCHOR PSALM 65

Provision is a gift to receive, never a wage we earned.

DAY 36 · SUNDAY, JULY 12 · PSALM 65

Provision is gift, not wage.

You crown the year with goodness and leave your blessing on every path, so forgive me when I credit my own hands for what your hand provided. You answer prayer, you cover transgression, you fill the valleys with grain and the heart with song. Teach me to receive this season as gift and not as wage. Where I have worried, make me grateful.

DAY 37 · MONDAY, JULY 13 · PSALM 104

All creation waits for him to open his hand.

You make springs gush in the valleys and grass grow for the cattle, and everything that lives looks to you for food in due season. When you open your hand, we are filled with good things. Open my eyes to how completely I depend on you for the ordinary mercies I rarely notice. I will sing to you as long as I live.

DAY 38 · TUESDAY, JULY 14 · PSALM 67

He blesses us so the blessing can spread.

Be gracious to us and bless us and make your face shine on us, but not so the blessing stops with me. Let it become a path for your ways to be known among the nations. The land has yielded its increase because you have blessed it, so let my increase increase someone else. Bless me into a blessing.

DAY 39 · WEDNESDAY, JULY 15 · PSALM 8

He crowned us with dignity we did not earn.

When I look at the work of your fingers, the moon and the stars you set in place, I wonder why you bother with me at all. Yet you have crowned your sons and daughters with glory and honor and trusted us with your world. Let me carry that dignity humbly and steward what you have placed in my hands. How majestic is your name in all the earth.

DAY 40 · THURSDAY, JULY 16 · PSALM 126

Tears sown in faith come back as harvest.

You have done great things for us before, and we were filled with joy, so do it again. Restore what the dry season took, like streams returning to a desert bed. Let those of us sowing in tears come home carrying sheaves and singing. The seed feels lost in the ground, but you are the God of the harvest.

DAY 41 · FRIDAY, JULY 17 · PSALM 23

With this Shepherd, the cup overflows.

You are my shepherd, so I lack nothing that matters. Make me lie down in green pastures and lead me beside quiet waters, because I do not always know how to rest. Even through the darkest valley I will fear no evil, for you are with me. You set a table for me and fill my cup until it spills.

DAY 42 · SATURDAY, JULY 18 · PSALM 85

He gives what is good, and the land yields its increase.

Restore me again, God my Savior, and let me hear what you will speak, for you speak peace to your people. Your steadfast love and faithfulness have met together, and righteousness and peace have kissed. Give what is good and let the ground of my life yield its increase. Let your glory dwell where I live.

WEEK SEVEN // JULY 19 TO JULY 25

An Undivided Heart

SUNDAY ANCHOR PSALM 86:11-17

*The deepest prayer is not for our circumstances to change but
for our hearts to be made whole.*

DAY 43 · SUNDAY, JULY 19 · PSALM 86:11-17

The rarest gift is a heart made whole.

Teach me your way and let me walk in your truth, but do something deeper than instruct me. Unite my heart, for it has been divided too long between you and a dozen lesser loyalties. I have asked you to bless my distraction; today I ask you to heal it. Give me one center, and let it be you.

DAY 44 · MONDAY, JULY 20 · PSALM 139

Let the God who knows me also lead me.

You have searched me and known me, and there is nowhere I could go to escape your love. Search me again and see if there is any anxious or harmful way in me. I am fearfully and wonderfully made, so I will stop despising what you took such care to form. Lead me in the way everlasting.

DAY 45 · TUESDAY, JULY 21 · PSALM 51

Ask not for a patched heart but a new one.

Create in me a clean heart, O God, and renew a steadfast spirit within me, because patching the old one has not worked. Wash me, and I will be clean; restore to me the joy of your salvation. Do not cast me from your presence or take your Spirit from me. A broken and contrite heart you will not despise, and that is the only kind I have to bring.

DAY 46 · WEDNESDAY, JULY 22 · PSALM 27

One thing asked is better than a hundred things scattered.

One thing I ask and seek after: to dwell in your house and gaze on your beauty all the days of my life. Gather my scattered wants into that single desire. Teach me your way and lead me on a level path, for my heart is prone to wander. I will be strong and wait for you, and my heart will take courage.

DAY 47 · THURSDAY, JULY 23 · PSALM 143

Let your good Spirit lead me on level ground.

Teach me to do your will, for you are my God, and let your good Spirit lead me on level ground. My spirit faints within me, so I stretch out my hands to you like dry ground thirsty for rain. Let

me hear of your steadfast love in the morning, for I have put my trust in you. Show me the way I should go, for to you I lift up my soul.

DAY 48 · FRIDAY, JULY 24 · PSALM 131

A quieted soul is an undivided one.

My heart is not proud and my eyes are not raised too high; I am learning to stop chasing things too great for me. Like a weaned child resting against its mother, I have calmed and quieted my soul. Teach me to want you more than I want the answers. I will put my hope in you, now and always.

DAY 49 · SATURDAY, JULY 25 · PSALM 15

Integrity is the shape of a whole heart.

Who may dwell with you? The one who walks blamelessly and speaks truth from the heart. Make me that kind of person, honest in private and steady in public, keeping my word even when it costs me. Let my outside and my inside finally match. The one who lives this way will never be shaken, so anchor me there.

WEEK EIGHT // JULY 26 TO JULY 31

Light at the Threshold

SUNDAY ANCHOR PSALM 119:129-136

The series lands where formation always lands: his word meeting the steps of our feet.

DAY 50 · SUNDAY, JULY 26 · PSALM 119:129-136

The entrance of his words gives light.

Your words at the threshold give light, so I open the door of my life and let them in. Order my steps in your word, and let no sin have dominion over me. Let the words I borrowed from the Psalms all summer become the words I now live. Make your testimonies the lamp at my feet and the understanding in my simple heart.

DAY 51 · MONDAY, JULY 27 · PSALM 119:105-112

A lamp for the feet, not a floodlight for the road.

Your word is a lamp to my feet and a light to my path, enough to show me the next step even when the rest stays dark. I have sworn and confirmed it: I will follow your righteous way. When I am afflicted, revive me according to your word. I incline my heart to do your will to the very end.

DAY 52 · TUESDAY, JULY 28 · PSALM 19:7-14

His word revives the soul and steadies the simple.

Your instruction is perfect, reviving my soul, and your testimonies are sure, making wise the simple. Keep me from willful sins and do not let them rule over me. Cleanse me from faults I cannot even see. Let the words of my mouth and the meditation of my heart be acceptable to you, my rock and my redeemer.

DAY 53 · WEDNESDAY, JULY 29 · PSALM 1

We end where we began, rooted by the stream.

You have brought me back to where this summer started, to the tree planted by streams of water. Let my delight in your word be deeper now than it was in June. Keep me bearing fruit in season and holding my leaf through the dry months. Plant me so firmly in you that the wind of the next season cannot move me.

DAY 54 · THURSDAY, JULY 30 · PSALM 119:1-8

Blessed are those who walk by his word.

Blessed are those whose way is blameless, who walk in your instruction with their whole heart. I want to be that undivided, that consistent, that yours. Open my eyes to keep your word with

diligence, and do not let me abandon it. I will praise you with an upright heart as I learn your righteous ways.

DAY 55 · FRIDAY, JULY 31 · PSALM 119:33-40

Carry the summer's prayers into whatever comes next.

Teach me, Lord, the way of your statutes, and I will keep it to the end. Give me understanding, and turn my heart toward your testimonies and not toward selfish gain. Lead me in the path of your commands, for there I find delight. As this season closes, fix my eyes ahead and let me walk the rest of the year by your light and not my own.

CLOSING

A Benediction for the Summer

God who spoke first, you have schooled us all summer in the language of prayer. You taught us to answer your call, to enter your gates with gladness, to pray honestly from the deep, to sing your steadfast love, to trust your kindness, to receive your abundance, to surrender our divided hearts, and to walk by the light of your word. Do not let the lesson end with the season. Send us out as sons and daughters who know that worship begins with you and finishes in our surrender. Keep our hearts undivided, our gratitude unforced, and our walking sure. The God who spoke first is the God who saves, and he is not finished with us yet.

SOURCES BEHIND THE FRAME

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