30-Day Psalms Reading Plan

All 150 psalms in 30 days: 5 psalms a day, in order. Tick each day as you go.

How to use it

Read the five psalms for the day, at any time that suits you. Each psalm is listed with its first line from the King James Version so you can find your place. If you miss a day, carry on with the next one; the plan is only a way to read the whole book. Read at your own pace, aloud if you like.

Notes. Psalm 119 is the longest (176 verses); read it in sections if you want. Psalm 117 is the shortest (2 verses). On biblicalpsalms.com every psalm has its own page in the King James and New International Versions.

[ ] Day 1	
Psalm 1	Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in… (6 verses)
Psalm 2	Why do the heathen rage, and the people imagine a vain thing? (12 verses)
Psalm 3	LORD, how are they increased that trouble me! many are they that rise up against me. (8 verses)
Psalm 4	Hear me when I call, O God of my righteousness: thou hast enlarged me when I was in distress; have mercy upon me, and… (8 verses)
Psalm 5	Give ear to my words, O LORD, consider my meditation. (12 verses)

[ ] Day 2	
Psalm 6	O LORD, rebuke me not in thine anger, neither chasten me in thy hot displeasure. (10 verses)
Psalm 7	O LORD my God, in thee do I put my trust: save me from all them that persecute me, and deliver me: (17 verses)
Psalm 8	O LORD our Lord, how excellent is thy name in all the earth! who hast set thy glory above the heavens. (9 verses)
Psalm 9	I will praise thee, O LORD, with my whole heart; I will shew forth all thy marvellous works. (20 verses)
Psalm 10	Why standest thou afar off, O LORD? why hidest thou thyself in times of trouble? (18 verses)

[ ] Day 3	
Psalm 11	In the LORD put I my trust: how say ye to my soul, Flee as a bird to your mountain? (7 verses)
Psalm 12	Help, LORD; for the godly man ceaseth; for the faithful fail from among the children of men. (8 verses)
Psalm 13	How long wilt thou forget me, O LORD? for ever? how long wilt thou hide thy face from me? (6 verses)
Psalm 14	The fool hath said in his heart, There is no God. They are corrupt, they have done abominable works, there is none… (7 verses)
Psalm 15	LORD, who shall abide in thy tabernacle? who shall dwell in thy holy hill? (5 verses)

[ ] Day 4	
Psalm 16	Preserve me, O God: for in thee do I put my trust. (11 verses)
Psalm 17	Hear the right, O LORD, attend unto my cry, give ear unto my prayer, that goeth not out of feigned lips. (15 verses)
Psalm 18	I will love thee, O LORD, my strength. (50 verses)
Psalm 19	The heavens declare the glory of God; and the firmament sheweth his handywork. (14 verses)
Psalm 20	The LORD hear thee in the day of trouble; the name of the God of Jacob defend thee; (9 verses)

[ ] Day 5	
Psalm 21	The king shall joy in thy strength, O LORD; and in thy salvation how greatly shall he rejoice! (13 verses)
Psalm 22	My God, my God, why hast thou forsaken me? why art thou so far from helping me, and from the words of my roaring? (31 verses)
Psalm 23	The LORD is my shepherd; I shall not want. (6 verses)
Psalm 24	The earth is the LORD's, and the fulness thereof; the world, and they that dwell therein. (10 verses)
Psalm 25	Unto thee, O LORD, do I lift up my soul. (22 verses)

[ ] Day 6	
Psalm 26	Judge me, O LORD; for I have walked in mine integrity: I have trusted also in the LORD; therefore I shall not slide. (12 verses)
Psalm 27	The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be… (14 verses)
Psalm 28	Unto thee will I cry, O LORD my rock; be not silent to me: lest, if thou be silent to me, I become like them that go… (9 verses)
Psalm 29	Give unto the LORD, O ye mighty, give unto the LORD glory and strength. (11 verses)
Psalm 30	I will extol thee, O LORD; for thou hast lifted me up, and hast not made my foes to rejoice over me. (12 verses)

[ ] Day 7	
Psalm 31	In thee, O LORD, do I put my trust; let me never be ashamed: deliver me in thy righteousness. (24 verses)
Psalm 32	Blessed is he whose transgression is forgiven, whose sin is covered. (11 verses)
Psalm 33	Rejoice in the LORD, O ye righteous: for praise is comely for the upright. (22 verses)
Psalm 34	I will bless the LORD at all times: his praise shall continually be in my mouth. (22 verses)
Psalm 35	Plead my cause, O LORD, with them that strive with me: fight against them that fight against me. (28 verses)

[ ] Day 8	
Psalm 36	The transgression of the wicked saith within my heart, that there is no fear of God before his eyes. (12 verses)
Psalm 37	Fret not thyself because of evildoers, neither be thou envious against the workers of iniquity. (40 verses)
Psalm 38	O LORD, rebuke me not in thy wrath: neither chasten me in thy hot displeasure. (22 verses)
Psalm 39	I said, I will take heed to my ways, that I sin not with my tongue: I will keep my mouth with a bridle, while the… (13 verses)
Psalm 40	I waited patiently for the LORD; and he inclined unto me, and heard my cry. (17 verses)

[ ] Day 9	
Psalm 41	Blessed is he that considereth the poor: the LORD will deliver him in time of trouble. (13 verses)
Psalm 42	As the hart panteth after the water brooks, so panteth my soul after thee, O God. (11 verses)
Psalm 43	Judge me, O God, and plead my cause against an ungodly nation: O deliver me from the deceitful and unjust man. (5 verses)
Psalm 44	We have heard with our ears, O God, our fathers have told us, what work thou didst in their days, in the times of old. (26 verses)
Psalm 45	My heart is inditing a good matter: I speak of the things which I have made touching the king: my tongue is the pen… (17 verses)

[ ] Day 10	
Psalm 46	God is our refuge and strength, a very present help in trouble. (11 verses)
Psalm 47	O clap your hands, all ye people; shout unto God with the voice of triumph. (9 verses)
Psalm 48	Great is the LORD, and greatly to be praised in the city of our God, in the mountain of his holiness. (14 verses)
Psalm 49	Hear this, all ye people; give ear, all ye inhabitants of the world: (20 verses)
Psalm 50	The mighty God, even the LORD, hath spoken, and called the earth from the rising of the sun unto the going down… (23 verses)

[ ] Day 11	
Psalm 51	Have mercy upon me, O God, according to thy lovingkindness: according unto the multitude of thy tender mercies blot… (19 verses)
Psalm 52	Why boastest thou thyself in mischief, O mighty man? the goodness of God endureth continually. (9 verses)
Psalm 53	The fool hath said in his heart, There is no God. Corrupt are they, and have done abominable iniquity: there is none… (6 verses)
Psalm 54	Save me, O God, by thy name, and judge me by thy strength. (7 verses)
Psalm 55	Give ear to my prayer, O God; and hide not thyself from my supplication. (23 verses)

[ ] Day 12	
Psalm 56	Be merciful unto me, O God: for man would swallow me up; he fighting daily oppresseth me. (13 verses)
Psalm 57	Be merciful unto me, O God, be merciful unto me: for my soul trusteth in thee: yea, in the shadow of thy wings will I… (11 verses)
Psalm 58	Do ye indeed speak righteousness, O congregation? do ye judge uprightly, O ye sons of men? (11 verses)
Psalm 59	Deliver me from mine enemies, O my God: defend me from them that rise up against me. (17 verses)
Psalm 60	O God, thou hast cast us off, thou hast scattered us, thou hast been displeased; O turn thyself to us again. (12 verses)

[ ] Day 13	
Psalm 61	Hear my cry, O God; attend unto my prayer. (8 verses)
Psalm 62	Truly my soul waiteth upon God: from him cometh my salvation. (12 verses)
Psalm 63	O God, thou art my God; early will I seek thee: my soul thirsteth for thee, my flesh longeth for thee in a dry and… (11 verses)
Psalm 64	Hear my voice, O God, in my prayer: preserve my life from fear of the enemy. (10 verses)
Psalm 65	Praise waiteth for thee, O God, in Sion: and unto thee shall the vow be performed. (13 verses)

[ ] Day 14	
Psalm 66	Make a joyful noise unto God, all ye lands: (20 verses)
Psalm 67	God be merciful unto us, and bless us; and cause his face to shine upon us; Selah. (7 verses)
Psalm 68	Let God arise, let his enemies be scattered: let them also that hate him flee before him. (35 verses)
Psalm 69	Save me, O God; for the waters are come in unto my soul. (36 verses)
Psalm 70	Make haste, O God, to deliver me; make haste to help me, O LORD. (5 verses)

[ ] Day 15	
Psalm 71	In thee, O LORD, do I put my trust: let me never be put to confusion. (24 verses)
Psalm 72	Give the king thy judgments, O God, and thy righteousness unto the king's son. (20 verses)
Psalm 73	Truly God is good to Israel, even to such as are of a clean heart. (28 verses)
Psalm 74	O God, why hast thou cast us off for ever? why doth thine anger smoke against the sheep of thy pasture? (23 verses)
Psalm 75	Unto thee, O God, do we give thanks, unto thee do we give thanks: for that thy name is near thy wondrous works… (10 verses)

[ ] Day 16	
Psalm 76	In Judah is God known: his name is great in Israel. (12 verses)
Psalm 77	I cried unto God with my voice, even unto God with my voice; and he gave ear unto me. (20 verses)
Psalm 78	Give ear, O my people, to my law: incline your ears to the words of my mouth. (72 verses)
Psalm 79	O God, the heathen are come into thine inheritance; thy holy temple have they defiled; they have laid Jerusalem on… (13 verses)
Psalm 80	Give ear, O Shepherd of Israel, thou that leadest Joseph like a flock; thou that dwellest between the cherubims… (19 verses)

[ ] Day 17	
Psalm 81	Sing aloud unto God our strength: make a joyful noise unto the God of Jacob. (16 verses)
Psalm 82	God standeth in the congregation of the mighty; he judgeth among the gods. (8 verses)
Psalm 83	Keep not thou silence, O God: hold not thy peace, and be not still, O God. (18 verses)
Psalm 84	How amiable are thy tabernacles, O LORD of hosts! (12 verses)
Psalm 85	LORD, thou hast been favourable unto thy land: thou hast brought back the captivity of Jacob. (13 verses)

[ ] Day 18	
Psalm 86	Bow down thine ear, O LORD, hear me: for I am poor and needy. (17 verses)
Psalm 87	His foundation is in the holy mountains. (7 verses)
Psalm 88	O LORD God of my salvation, I have cried day and night before thee: (18 verses)
Psalm 89	I will sing of the mercies of the LORD for ever: with my mouth will I make known thy faithfulness to all generations. (52 verses)
Psalm 90	Lord, thou hast been our dwelling place in all generations. (17 verses)

[ ] Day 19	
Psalm 91	He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. (16 verses)
Psalm 92	It is a good thing to give thanks unto the LORD, and to sing praises unto thy name, O most High: (15 verses)
Psalm 93	The LORD reigneth, he is clothed with majesty; the LORD is clothed with strength, wherewith he hath girded himself… (5 verses)
Psalm 94	O LORD God, to whom vengeance belongeth; O God, to whom vengeance belongeth, shew thyself. (23 verses)
Psalm 95	O come, let us sing unto the LORD: let us make a joyful noise to the rock of our salvation. (11 verses)

[ ] Day 20	
Psalm 96	O sing unto the LORD a new song: sing unto the LORD, all the earth. (13 verses)
Psalm 97	The LORD reigneth; let the earth rejoice; let the multitude of isles be glad thereof. (12 verses)
Psalm 98	O sing unto the LORD a new song; for he hath done marvellous things: his right hand, and his holy arm, hath gotten… (9 verses)
Psalm 99	The LORD reigneth; let the people tremble: he sitteth between the cherubims; let the earth be moved. (9 verses)
Psalm 100	Make a joyful noise unto the LORD, all ye lands. (5 verses)

[ ] Day 21	
Psalm 101	I will sing of mercy and judgment: unto thee, O LORD, will I sing. (8 verses)
Psalm 102	Hear my prayer, O LORD, and let my cry come unto thee. (28 verses)
Psalm 103	Bless the LORD, O my soul: and all that is within me, bless his holy name. (22 verses)
Psalm 104	Bless the LORD, O my soul. O LORD my God, thou art very great; thou art clothed with honour and majesty. (35 verses)
Psalm 105	O give thanks unto the LORD; call upon his name: make known his deeds among the people. (45 verses)

[ ] Day 22	
Psalm 106	Praise ye the LORD. O give thanks unto the LORD; for he is good: for his mercy endureth for ever. (48 verses)
Psalm 107	O give thanks unto the LORD, for he is good: for his mercy endureth for ever. (43 verses)
Psalm 108	O God, my heart is fixed; I will sing and give praise, even with my glory. (13 verses)
Psalm 109	Hold not thy peace, O God of my praise; (31 verses)
Psalm 110	The LORD said unto my Lord, Sit thou at my right hand, until I make thine enemies thy footstool. (7 verses)

[ ] Day 23	
Psalm 111	Praise ye the LORD. I will praise the LORD with my whole heart, in the assembly of the upright, and in the… (10 verses)
Psalm 112	Praise ye the LORD. Blessed is the man that feareth the LORD, that delighteth greatly in his commandments. (10 verses)
Psalm 113	Praise ye the LORD. Praise, O ye servants of the LORD, praise the name of the LORD. (9 verses)
Psalm 114	When Israel went out of Egypt, the house of Jacob from a people of strange language; (8 verses)
Psalm 115	Not unto us, O LORD, not unto us, but unto thy name give glory, for thy mercy, and for thy truth's sake. (18 verses)

[ ] Day 24	
Psalm 116	I love the LORD, because he hath heard my voice and my supplications. (19 verses)
Psalm 117	O praise the LORD, all ye nations: praise him, all ye people. (2 verses)
Psalm 118	O give thanks unto the LORD; for he is good: because his mercy endureth for ever. (29 verses)
Psalm 119	Blessed are the undefiled in the way, who walk in the law of the LORD. (176 verses)
Psalm 120	In my distress I cried unto the LORD, and he heard me. (7 verses)

[ ] Day 25	
Psalm 121	I will lift up mine eyes unto the hills, from whence cometh my help. (8 verses)
Psalm 122	I was glad when they said unto me, Let us go into the house of the LORD. (9 verses)
Psalm 123	Unto thee lift I up mine eyes, O thou that dwellest in the heavens. (4 verses)
Psalm 124	If it had not been the LORD who was on our side, now may Israel say; (8 verses)
Psalm 125	They that trust in the LORD shall be as mount Zion, which cannot be removed, but abideth for ever. (5 verses)

[ ] Day 26	
Psalm 126	When the LORD turned again the captivity of Zion, we were like them that dream. (6 verses)
Psalm 127	Except the LORD build the house, they labour in vain that build it: except the LORD keep the city, the watchman… (5 verses)
Psalm 128	Blessed is every one that feareth the LORD; that walketh in his ways. (6 verses)
Psalm 129	Many a time have they afflicted me from my youth, may Israel now say: (8 verses)
Psalm 130	Out of the depths have I cried unto thee, O LORD. (8 verses)

[ ] Day 27	
Psalm 131	LORD, my heart is not haughty, nor mine eyes lofty: neither do I exercise myself in great matters, or in things too… (3 verses)
Psalm 132	LORD, remember David, and all his afflictions: (18 verses)
Psalm 133	Behold, how good and how pleasant it is for brethren to dwell together in unity! (3 verses)
Psalm 134	Behold, bless ye the LORD, all ye servants of the LORD, which by night stand in the house of the LORD. (3 verses)
Psalm 135	Praise ye the LORD. Praise ye the name of the LORD; praise him, O ye servants of the LORD. (21 verses)

[ ] Day 28	
Psalm 136	O give thanks unto the LORD; for he is good: for his mercy endureth for ever. (26 verses)
Psalm 137	By the rivers of Babylon, there we sat down, yea, we wept, when we remembered Zion. (9 verses)
Psalm 138	I will praise thee with my whole heart: before the gods will I sing praise unto thee. (8 verses)
Psalm 139	O LORD, thou hast searched me, and known me. (24 verses)
Psalm 140	Deliver me, O LORD, from the evil man: preserve me from the violent man; (13 verses)

[ ] Day 29	
Psalm 141	LORD, I cry unto thee: make haste unto me; give ear unto my voice, when I cry unto thee. (10 verses)
Psalm 142	I cried unto the LORD with my voice; with my voice unto the LORD did I make my supplication. (7 verses)
Psalm 143	Hear my prayer, O LORD, give ear to my supplications: in thy faithfulness answer me, and in thy righteousness. (12 verses)
Psalm 144	Blessed be the LORD my strength, which teacheth my hands to war, and my fingers to fight: (15 verses)
Psalm 145	I will extol thee, my God, O king; and I will bless thy name for ever and ever. (21 verses)

[ ] Day 30	
Psalm 146	Praise ye the LORD. Praise the LORD, O my soul. (10 verses)
Psalm 147	Praise ye the LORD: for it is good to sing praises unto our God; for it is pleasant; and praise is comely. (20 verses)
Psalm 148	Praise ye the LORD. Praise ye the LORD from the heavens: praise him in the heights. (14 verses)
Psalm 149	Praise ye the LORD. Sing unto the LORD a new song, and his praise in the congregation of saints. (9 verses)
Psalm 150	Praise ye the LORD. Praise God in his sanctuary: praise him in the firmament of his power. (6 verses)