

READING THE PSALMS TOGETHER

JANUARY 2026

We'll begin 2026 by reading through Book 2 of the Psalms (42–72). There are some similarities between Books 1 and 2, but also some differences.

Four important things to notice about Book 2:

- Where Book 1 is mostly a collection of psalms of David, Book 2 opens with psalms of the **sons of Korah**. Korah himself rebelled against God and died in judgement (Numbers 16), but his family continued and had an important role in the nation's worship.
- As with Book 1, a lot of the psalms are **laments**. These wrestle with difficult circumstances and teach us about trusting God in challenging times. Laments are not just complaints, but songs and prayers of faith that bring distressing situations to God and cling to his character and promises.
- In between the laments, there are collections of **hymns of praise** (46–48, 65–68), which celebrate the Lord's reign over the earth and over his people. The book ends with a prayer for King Solomon's reign, a prayer perfectly fulfilled in King Jesus.
- Although the psalms are mostly addressed to God, they are still **God-breathed words**, which teach us, train us and equip us for every good work.

PSALMS IN THE NEW TESTAMENT

The psalms are quoted more widely in the New Testament than any other Old Testament book. Here is a list of places where the NT quotes from, or alludes to, psalms in Book 2. You'll notice Psalm 69 is quoted several times.

42:5	John 12:27
44:22	Romans 8:36
45:6–7	Hebrews 1:8–9
50:23	Hebrews 13:15
51:1	Luke 18:13
51:4	Romans 3:4
53:1–3	Romans 3:10–12
55:22	1 Peter 5:7
62:10	1 Timothy 6:17
62:12	Romans 2:6
67:2	Acts 28:28
68:18	Ephesians 4:8–9
69:4	John 15:25
69:9	John 2:17 / Romans 15:3
69:21	Matthew 27:48
69:22–23	Romans 11:9–10
69:25	Acts 1:20
72:10–11	Matthew 2:11

ADVICE FOR READING THE PSALMS

There are some extra resources you might find helpful on our website: litchardmission.co.uk/rbt.

The November introduction booklet for Book 1 of the Psalms includes some advice on reading Hebrew poetry.

If you're struggling with a passage, the **best thing you can do is ask God about it!** Also, remember we're reading together. Who in the church could you speak to?

A POSSIBLE READING PLAN

There are 31 psalms in Book 2, and 31 days in January. So, you can read the entire book across the month by reading one psalm each day.

You might find it helpful to:

- Read and reflect on the psalm at two different points in the day, e.g. in the morning and at night;
- Choose a verse or image to meditate on through the day;
- Sing a version of the psalm, or listen to the psalm being sung (examples at litchardmission.co.uk/rbt);
- Write a prayer for yourself, others or the world, using language from the psalm.

FIVE KEY QUESTIONS FOR EVERY PSALM

1) **What is God teaching me about himself?**

The Psalms have a lot to teach us about the character of God and his work in creation, salvation and judgement.

2) **What did it mean for Christ to pray this psalm?**

When he was on earth, Christ prayed all of these psalms, which point in different ways to his life, ministry, sufferings and glory.

3) **How does this psalm teach me to pray?**

These are God-given words teaching us how to speak to him in life's different circumstances. They include words of praise, thanks, petition and lament.

4) **How does this psalm help me to trust the Lord?**

The psalms reassure us that the Lord is king, even when it doesn't feel like it. The variety of the psalms helps us to trust him in our own varied situations.

5) **How can I use this psalm to pray for Litchard**

Mission? Are there truths we need to remember, encouragements we need to hear, areas where we need to grow, or warnings we need to heed?