

Psalms and Proverbs Reading Plan

Daily Wisdom and Worship

One Psalm and One Proverb Daily

Daily Reading Schedule (365 Days)

January (Days 1-31)

Day	Date	Psalm	Proverb	Checkbox
1	Jan 1	Psalm 1	Proverbs 1:1-7	☐
2	Jan 2	Psalm 2	Proverbs 1:8-19	☐
3	Jan 3	Psalm 3	Proverbs 1:20-33	☐
4	Jan 4	Psalm 4	Proverbs 2:1-9	☐
5	Jan 5	Psalm 5	Proverbs 2:10-22	☐
6	Jan 6	Psalm 6	Proverbs 3:1-10	☐
7	Jan 7	Psalm 7	Proverbs 3:11-20	☐
8	Jan 8	Psalm 8	Proverbs 3:21-35	☐
9	Jan 9	Psalm 9	Proverbs 4:1-9	☐
10	Jan 10	Psalm 10	Proverbs 4:10-19	☐
11	Jan 11	Psalm 11	Proverbs 4:20-27	☐
12	Jan 12	Psalm 12	Proverbs 5:1-14	☐
13	Jan 13	Psalm 13	Proverbs 5:15-23	☐
14	Jan 14	Psalm 14	Proverbs 6:1-11	☐
15	Jan 15	Psalm 15	Proverbs 6:12-19	☐
16	Jan 16	Psalm 16	Proverbs 6:20-26	☐
17	Jan 17	Psalm 17	Proverbs 6:27-35	☐
18	Jan 18	Psalm 18	Proverbs 7:1-5	☐
19	Jan 19	Psalm 19	Proverbs 7:6-27	☐
20	Jan 20	Psalm 20	Proverbs 8:1-11	☐
21	Jan 21	Psalm 21	Proverbs 8:12-26	☐
22	Jan 22	Psalm 22	Proverbs 8:27-36	☐
23	Jan 23	Psalm 23	Proverbs 9:1-12	☐

Day	Date	Psalm	Proverb	Checkbox
24	Jan 24	Psalm 24	Proverbs 9:13-18	☐
25	Jan 25	Psalm 25	Proverbs 10:1-5	☐
26	Jan 26	Psalm 26	Proverbs 10:6-12	☐
27	Jan 27	Psalm 27	Proverbs 10:13-20	☐
28	Jan 28	Psalm 28	Proverbs 10:21-32	☐
29	Jan 29	Psalm 29	Proverbs 11:1-11	☐
30	Jan 30	Psalm 30	Proverbs 11:12-21	☐
31	Jan 31	Psalm 31	Proverbs 11:22-31	☐

February (Days 32-59)

Day	Date	Psalm	Proverb	Checkbox
32	Feb 1	Psalm 32	Proverbs 12:1-14	☐
33	Feb 2	Psalm 33	Proverbs 12:15-28	☐
34	Feb 3	Psalm 34	Proverbs 13:1-13	☐
35	Feb 4	Psalm 35	Proverbs 13:14-25	☐
36	Feb 5	Psalm 36	Proverbs 14:1-14	☐
37	Feb 6	Psalm 37:1-29	Proverbs 14:15-26	☐
38	Feb 7	Psalm 37:30-40	Proverbs 14:27-35	☐
39	Feb 8	Psalm 38	Proverbs 15:1-15	☐
40	Feb 9	Psalm 39	Proverbs 15:16-32	☐
41	Feb 10	Psalm 40	Proverbs 15:33-16:9	☐
42	Feb 11	Psalm 41	Proverbs 16:10-21	☐
43	Feb 12	Psalm 42	Proverbs 16:22-33	☐
44	Feb 13	Psalm 43	Proverbs 17:1-15	☐
45	Feb 14	Psalm 44	Proverbs 17:16-28	☐
46	Feb 15	Psalm 45	Proverbs 18:1-15	☐
47	Feb 16	Psalm 46	Proverbs 18:16-24	☐
48	Feb 17	Psalm 47	Proverbs 19:1-14	☐
49	Feb 18	Psalm 48	Proverbs 19:15-29	☐
50	Feb 19	Psalm 49	Proverbs 20:1-18	☐
51	Feb 20	Psalm 50	Proverbs 20:19-30	☐
52	Feb 21	Psalm 51	Proverbs 21:1-16	☐

Day	Date	Psalm	Proverb	Checkbox
53	Feb 22	Psalm 52	Proverbs 21:17-31	☐
54	Feb 23	Psalm 53	Proverbs 22:1-16	☐
55	Feb 24	Psalm 54	Proverbs 22:17-29	☐
56	Feb 25	Psalm 55	Proverbs 23:1-18	☐
57	Feb 26	Psalm 56	Proverbs 23:19-35	☐
58	Feb 27	Psalm 57	Proverbs 24:1-22	☐
59	Feb 28	Psalm 58	Proverbs 24:23-34	☐

March (Days 60-90)

Day	Date	Psalm	Proverb	Checkbox
60	Mar 1	Psalm 59	Proverbs 25:1-14	☐
61	Mar 2	Psalm 60	Proverbs 25:15-28	☐
62	Mar 3	Psalm 61	Proverbs 26:1-16	☐
63	Mar 4	Psalm 62	Proverbs 26:17-28	☐
64	Mar 5	Psalm 63	Proverbs 27:1-14	☐
65	Mar 6	Psalm 64	Proverbs 27:15-27	☐
66	Mar 7	Psalm 65	Proverbs 28:1-14	☐
67	Mar 8	Psalm 66	Proverbs 28:15-28	☐
68	Mar 9	Psalm 67	Proverbs 29:1-14	☐
69	Mar 10	Psalm 68:1-18	Proverbs 29:15-27	☐
70	Mar 11	Psalm 68:19-35	Proverbs 30:1-9	☐
71	Mar 12	Psalm 69:1-18	Proverbs 30:10-16	☐
72	Mar 13	Psalm 69:19-36	Proverbs 30:17-24	☐
73	Mar 14	Psalm 70	Proverbs 30:25-33	☐
74	Mar 15	Psalm 71	Proverbs 31:1-9	☐
75	Mar 16	Psalm 72	Proverbs 31:10-31	☐
76	Mar 17	Psalm 73	Proverbs 1:1-7	☐
77	Mar 18	Psalm 74	Proverbs 1:8-19	☐
78:1-39	Mar 19	Psalm 78:1-39	Proverbs 1:20-33	☐
78:40-72	Mar 20	Psalm 78:40-72	Proverbs 2:1-9	☐
79	Mar 21	Psalm 79	Proverbs 2:10-22	☐
80	Mar 22	Psalm 80	Proverbs 3:1-10	☐

Day	Date	Psalm	Proverb	Checkbox
81	Mar 23	Psalm 81	Proverbs 3:11-20	☐
82	Mar 24	Psalm 82	Proverbs 3:21-35	☐
83	Mar 25	Psalm 83	Proverbs 4:1-9	☐
84	Mar 26	Psalm 84	Proverbs 4:10-19	☐
85	Mar 27	Psalm 85	Proverbs 4:20-27	☐
86	Mar 28	Psalm 86	Proverbs 5:1-14	☐
87	Mar 29	Psalm 87	Proverbs 5:15-23	☐
88	Mar 30	Psalm 88	Proverbs 6:1-11	☐
89:1-29	Mar 31	Psalm 89:1-29	Proverbs 6:12-19	☐

April (Days 91-120)

Day	Date	Psalm	Proverb	Checkbox
90	Apr 1	Psalm 89:30-52	Proverbs 6:20-26	☐
91	Apr 2	Psalm 90	Proverbs 6:27-35	☐
92	Apr 3	Psalm 91	Proverbs 7:1-5	☐
93	Apr 4	Psalm 92	Proverbs 7:6-27	☐
94	Apr 5	Psalm 93	Proverbs 8:1-11	☐
95	Apr 6	Psalm 94	Proverbs 8:12-26	☐
96	Apr 7	Psalm 95	Proverbs 8:27-36	☐
97	Apr 8	Psalm 96	Proverbs 9:1-12	☐
98	Apr 9	Psalm 97	Proverbs 9:13-18	☐
99	Apr 10	Psalm 98	Proverbs 10:1-5	☐
100	Apr 11	Psalm 99	Proverbs 10:6-12	☐
101	Apr 12	Psalm 100	Proverbs 10:13-20	☐
102:1-28	Apr 13	Psalm 102:1-28	Proverbs 10:21-32	☐
102:29	Apr 14	Psalm 102:29, 103	Proverbs 11:1-11	☐
104:1-35	Apr 15	Psalm 104:1-35	Proverbs 11:12-21	☐
104:35	Apr 16	Psalm 104:35, 105	Proverbs 11:22-31	☐
106:1-23	Apr 17	Psalm 106:1-23	Proverbs 12:1-14	☐
106:24-48	Apr 18	Psalm 106:24-48	Proverbs 12:15-28	☐
107:1-43	Apr 19	Psalm 107:1-43	Proverbs 13:1-13	☐
107:43	Apr 20	Psalm 107:43, 108	Proverbs 13:14-25	☐

Day	Date	Psalms	Proverb	Checkbox
109	Apr 21	Psalms 109	Proverbs 14:1-14	☐
110	Apr 22	Psalms 110	Proverbs 14:15-26	☐
111	Apr 23	Psalms 111	Proverbs 14:27-35	☐
112	Apr 24	Psalms 112	Proverbs 15:1-15	☐
113	Apr 25	Psalms 113	Proverbs 15:16-32	☐
114	Apr 26	Psalms 114	Proverbs 15:33-16:9	☐
115	Apr 27	Psalms 115	Proverbs 16:10-21	☐
116	Apr 28	Psalms 116	Proverbs 16:22-33	☐
117	Apr 29	Psalms 117	Proverbs 17:1-15	☐
118	Apr 30	Psalms 118	Proverbs 17:16-28	☐

May (Days 121-151)

Day	Date	Psalms	Proverb	Checkbox
121	May 1	Psalms 119:1-88	Proverbs 18:1-15	☐
122	May 2	Psalms 119:89-176	Proverbs 18:16-24	☐
123	May 3	Psalms 120	Proverbs 19:1-14	☐
124	May 4	Psalms 121	Proverbs 19:15-29	☐
125	May 5	Psalms 122	Proverbs 20:1-18	☐
126	May 6	Psalms 123	Proverbs 20:19-30	☐
127	May 7	Psalms 124	Proverbs 21:1-16	☐
128	May 8	Psalms 125	Proverbs 21:17-31	☐
129	May 9	Psalms 126	Proverbs 22:1-16	☐
130	May 10	Psalms 127	Proverbs 22:17-29	☐
131	May 11	Psalms 128	Proverbs 23:1-18	☐
132	May 12	Psalms 129	Proverbs 23:19-35	☐
133	May 13	Psalms 130	Proverbs 24:1-22	☐
134	May 14	Psalms 131	Proverbs 24:23-34	☐
135	May 15	Psalms 132	Proverbs 25:1-14	☐
136	May 16	Psalms 133	Proverbs 25:15-28	☐
137	May 17	Psalms 134	Proverbs 26:1-16	☐
138	May 18	Psalms 135	Proverbs 26:17-28	☐
139	May 19	Psalms 136	Proverbs 27:1-14	☐

Day	Date	Psalm	Proverb	Checkbox
140	May 20	Psalm 137	Proverbs 27:15-27	☐
141	May 21	Psalm 138	Proverbs 28:1-14	☐
142	May 22	Psalm 139	Proverbs 28:15-28	☐
143	May 23	Psalm 140	Proverbs 29:1-14	☐
144	May 24	Psalm 141	Proverbs 29:15-27	☐
145	May 25	Psalm 142	Proverbs 30:1-9	☐
146	May 26	Psalm 143	Proverbs 30:10-16	☐
147	May 27	Psalm 144	Proverbs 30:17-24	☐
148	May 28	Psalm 145	Proverbs 30:25-33	☐
149	May 29	Psalm 146	Proverbs 31:1-9	☐
150	May 30	Psalm 147	Proverbs 31:10-31	☐
151	May 31	Psalm 148	Proverbs 1:1-7	☐

June-December (Days 152-365: Repeat Cycle 2 & 3)

CYCLE 2 (Days 152-273): Repeat Psalms 1-150 & Proverbs 1-31

- June: Psalms 149-150, Proverbs 1-31
- July: Psalms 1-31 (repeat)
- August: Psalms 32-62 (repeat)
- September: Psalms 63-93 (repeat)

CYCLE 3 (Days 274-365): Final Repeat with Focus

Day	Date	Psalm	Proverb	Focus
274	Oct 1	Psalm 94	Proverbs 1:1-7	Comfort & Guidance
275	Oct 2	Psalm 95	Proverbs 1:8-19	Worship & Wisdom
276	Oct 3	Psalm 96	Proverbs 1:20-33	God's Greatness
277	Oct 4	Psalm 97	Proverbs 2:1-9	Justice & Understanding
...	...	...	...	...
365	Dec 31	Psalm 150	Proverbs 31:10-31	Celebration & Virtue

Psalm Categories for Study

Psalms of Praise (1st Cycle - Recommended)

- Psalm 100, 103, 104, 113, 134, 135, 145-150

Psalms of Lament

- Psalm 3, 6, 13, 22, 27, 31, 38, 42, 54, 55, 59, 64

Psalms of Thanksgiving

- Psalm 18, 23, 30, 34, 40, 41, 65, 103, 106, 107

Psalms of Trust

- Psalm 4, 11, 16, 23, 27, 31, 56, 62, 86, 91

Psalms of Wisdom

- Psalm 1, 2, 15, 19, 24, 25, 37, 49, 73, 90, 112, 119, 127, 128

Messianic Psalms

- Psalm 2, 16, 22, 24, 40, 45, 68, 69, 72, 89, 97, 110, 118, 132

Proverbs Themes by Month

Month 1: Life & Death, Wisdom & Folly (Proverbs 1-9)

- Theme: The way of wisdom vs. the way of foolishness
- Key focus: Fear of the Lord is beginning of wisdom

Month 2: Righteousness (Proverbs 10-15)

- Theme: Consequences of righteous vs. wicked living
- Key focus: Words have power; speech reveals character

Month 3: Guidance & Warning (Proverbs 16-21)

- Theme: God's sovereignty and human responsibility
- Key focus: Trust in the Lord; avoid pride

Month 4: Relationships & Labor (Proverbs 22-27)

- Theme: How to live with others; work ethic
- Key focus: Training children; governing well

Month 5-12: Review & Meditation

- Cycle 2 & 3 focus on integration and application
- Use journal to track how passages speak to your life

Daily Reflection Guide

For each reading, consider:

1. Psalm Reflection:

- What emotion or experience does this Psalm express?
- What does it reveal about God?
- How does the Psalmist's struggle relate to mine?
- What is my prayer response?

2. Proverb Application:

- What practical wisdom is offered here?
- What situation in my life does this address?
- What decision might I need to make based on this?
- How will I apply this today?

3. Personal Response:

- Write one sentence capturing the main lesson
- Identify one specific action or attitude to change
- Pray regarding this truth

Psalm Memorization Suggestions

Consider memorizing one Psalm per month:

- January: Psalm 23 (The Lord is My Shepherd)
- February: Psalm 42 (Like the Deer)
- March: Psalm 84 (Longing for God's House)
- April: Psalm 100 (Shout Joyfully)
- May: Psalm 119:1-16 (Blessed Are the Pure)
- June: Psalm 139 (You Know Me Completely)
- July: Psalm 42-43 (Hope in God)

- August: Psalm 91 (Refuge in the Most High)
- September: Psalm 145 (I Will Praise You)
- October: Psalm 150 (Praise the Lord)
- November: Psalm 37:1-11 (Trust in the Lord)
- December: Psalm 103 (Praise the Lord, O My Soul)

Tips for Success

- **Consistency:** Read at the same time daily
- **Marking:** Underline verses that speak to you
- **Journaling:** Write reflections and prayers
- **Memorization:** Choose verses to commit to memory
- **Prayer:** Use Psalms as springboard for personal prayer
- **Application:** Note how Proverbs speak to daily decisions
- **Community:** Share insights with others
- **Meditation:** Sit with passages, don't rush through

Start Date: _____

End Date: _____

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