

READING PLAN

Psalms & Proverbs

One a day for a 31-day rhythm of prayer and wisdom.

How it works

Each day, read the Psalm and Proverb that match today's date. On day 15, read Psalm 15 and Proverbs 15. Repeat monthly.

Why it works

The Psalms teach us how to feel honestly before God. Proverbs teaches us how to walk wisely with people. Together they shape both heart and hands.

A prompt for each day

What did I feel in today's Psalm?

What wisdom did I hear in today's Proverb?

One sentence of prayer: _____