

## A Listing of Various Types of Psalms

**Praise/Hymn** (These are prayers of praise to God. They may be used to reflect our worship of God for who He is and what He has done).  
8, 29, 47, 92, 96, 98, 100, 103, 106, 107, 113, 117, 118

**Lament** (These are prayers which cry out to God for deliverance. They may be used when we are experiencing distress and doubt. Note that they almost always turn to faith and praise at the end).  
3, 4, 5, 6, 7, 13, 22, 74, 79, 80, 83, 86, 89, 90

**Thanksgiving** (These are prayers which give thanks to God for answering our previous prayers. They may be used to offer thanks to God for all He has done for us, and especially for answering our prayers).  
30, 65, 107, 116, 124, 138

**Confidence** (These are prayers that express great confidence in God's care for us. They may be used to express our confident faith in God).  
11, 16, 23, 27, 46, 62, 91, 121, 125, 131

**Remembrance** (These are prayers that recount God's work in history, especially in saving His people. They may be used to encourage our faith and to remind us that the God Who has saved His people in the past will save us today).  
78, 105, 106, 114, 135, 136

**Wisdom/Instruction** (These are prayers that reflect the way God wisely governs the world. They include a lot of instruction on how to live within God's blessing, and may be used to remind us that God desires to bless His people as they walk with Him).  
1, 19, 34, 37, 73, 111, 112, 119, 127, 128, 133

**Kingship** (These are prayers that reflect on the king of Israel. As such, they point forward to Christ as our King. Additionally, many of them directly refer to God as the King of the earth. They may be used to remind ourselves that God reigns, and to declare our faith in His Kingship).  
2, 21, 24, 29, 45, 72, 93, 94, 95, 96, 97, 98, 99, 110, 132

**Desire for God** (These are prayers that express a great desire for God. They may be used when we experience this desire, or we may use them as a prayer that God would rekindle this desire within us).  
42-43, 63, 73, 84, 123

**Creation** (These are prayers that reflect on God's activity as Creator and as the Sustainer of creation. They may be used to help us reflect on creation, and are especially effective when we are in a place that stirs up a sense of wonder within us such as the woods, the beach, the mountains, etc.)  
8, 19, 29, 65, 104, 139, 145

**Confession and forgiveness** (These are prayers used to confess our sins or to receive forgiveness for our sins. They may be used whenever we are conscious of having sinned, or when we wish to thank God for forgiving us).  
25, 32, 51, 103, 130, 143

**Imprecatory** (These are prayers which express indignation and anger at the enemies of God and His people. They may be used to express personal grief and anger, to curse Satan and His kingdom, or when we pray for the persecuted church).  
35, 69, 79, 109, 129, 137

**Blessing** (These are prayers which speak God's blessing over His people. They may be used to remind us of God's blessing, or to speak His blessing over our family and friends, either in prayer or in an actual blessing).  
20, 67, 121, 125, 128, 133

### Praying the Psalms

1. Pray them verbatim as an introduction to your prayer time
2. Pray them verbatim to express your needs/desires in a certain situation (use the list above as a starting guide).
3. Model your own prayers after the psalms, either using select phrases in your own prayers, or paraphrasing the entire psalm
4. Use old hymn versions of the psalms as a prayer
5. Sing a song based on a psalm as a prayer to God