

READING PLANS

Psalms & Proverbs Daily.

"Oh, taste and see that the Lord is good! Blessed is the man who takes refuge in him."

PSALM 34:8 · ESV

HOW TO USE THIS

A month of worship & wisdom.

For thirty days, read one psalm and one chapter of Proverbs a day. The Psalms teach your heart to worship and to pray honestly — in joy and in pain. Proverbs trains you in the everyday wisdom of living God's way.

Together they're the perfect daily anchor: the Psalms shape how you talk to God, and Proverbs shapes how you walk with people. Read slowly, and let a verse or two stay with you through the day.

EACH DAY, JUST THREE STEPS

Read	One psalm and one proverb.
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Reflect	One verse to carry into the day.
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Pray	Pray the psalm back to God.
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"Your word is a lamp to my feet and a light to my path."

PSALM 119:105 · ESV

THE PLAN

Thirty days in the Word.

One psalm and one chapter of Proverbs each day. Miss a day? Just pick up where you left off.

DAY 1 **Psalm 1** · Proverbs 1

DAY 3 **Psalm 16** · Proverbs 3

DAY 5 **Psalm 23** · Proverbs 5

DAY 7 **Psalm 32** · Proverbs 7

DAY 9 **Psalm 37** · Proverbs 9

DAY 11 **Psalm 46** · Proverbs 11

DAY 13 **Psalm 62** · Proverbs 13

DAY 15 **Psalm 73** · Proverbs 15

DAY 17 **Psalm 90** · Proverbs 17

DAY 19 **Psalm 100** · Proverbs 19

DAY 21 **Psalm 107** · Proverbs 21

DAY 23 **Psalm 116** · Proverbs 23

DAY 25 **Psalm 121** · Proverbs 25

DAY 27 **Psalm 130** · Proverbs 27

DAY 29 **Psalm 139** · Proverbs 29

DAY 2 **Psalm 8** · Proverbs 2

DAY 4 **Psalm 19** · Proverbs 4

DAY 6 **Psalm 27** · Proverbs 6

DAY 8 **Psalm 34** · Proverbs 8

DAY 10 **Psalm 40** · Proverbs 10

DAY 12 **Psalm 51** · Proverbs 12

DAY 14 **Psalm 63** · Proverbs 14

DAY 16 **Psalm 84** · Proverbs 16

DAY 18 **Psalm 91** · Proverbs 18

DAY 20 **Psalm 103** · Proverbs 20

DAY 22 **Psalm 112** · Proverbs 22

DAY 24 **Psalm 119:1–32** · Proverbs 24

DAY 26 **Psalm 127** · Proverbs 26

DAY 28 **Psalm 138** · Proverbs 28

DAY 30 **Psalm 145** · Proverbs 30

KEEP GOING

Worship and wisdom, daily.

When you finish, start again, or move into a longer plan. A few honest minutes in the Word each morning will quietly reshape your whole life.

WHAT'S NEXT

[See our other reading plans](#)

QUESTIONS

connect@valiantchurch.com

GATHER

Sundays · 10:00 AM
