



32 Days in the Psalms

Battling with anxious thoughts? Let's spend 32 days meditating on God's word. It is as easy as printing and cutting these memory flashcards. **PRO TIP:** Once you are done, start all over again. We can never get enough of His promises!

Day 1

I lay down and slept;
I woke again, for the Lord sustained me.

Psalm 3: 5

Day 2

I will not be afraid
of many thousands of people
who have set themselves against me all around.

Psalm 3: 6

Day 3

For the needy shall not always be forgotten,
and the hope of the poor shall
not perish forever.

Psalm 9: 18

Day 4

But I have trusted in your steadfast
love; my heart shall rejoice in your
salvation.

Psalm 13: 5

Day 5

I will sing to the Lord,
because he has dealt bountifully with me.

Psalm 13: 6

Day 6

Preserve me, O God, for in you I take refuge.

Psalm 16: 1

Day 7

The Lord is my chosen portion and my cup;
you hold my lot.

Psalm 16: 5

Day 8

I have set the Lord always before me;
because he is at my right hand,
I shall not be shaken.

Psalm 16: 8



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Day 9

I call upon you,
for you will answer me, O God;
incline your ear to me; hear my words.

Psalm 17: 6

Day 10

The Lord is my rock and my fortress and
my deliverer,
my God, my rock, in whom I take
refuge, my shield, and the horn of my
salvation, my stronghold.

Psalm 18: 2

Day 11

In my distress I called upon the Lord;
to my God I cried for help.
From his temple he heard my voice,
and my cry to him reached his ears.

Psalm 18: 6

Day 12

May the Lord answer you
in the day of trouble!
May the name of the God of Jacob
protect you!

Psalm 20: 1

Day 13

But you, O Lord, do not be far off!
O you my help, come quickly to my aid!

Psalm 22: 19

Day 14

The Lord is my shepherd; I shall not want.

Psalm 23: 1

Day 15

O my God, in you I trust;
let me not be put to shame;
let not my enemies exult over me.

Psalm 25: 2

Day 16

Consider my affliction and my trouble,
and forgive all my sins.

Psalm 25: 18



32 Days in the Psalms

Day 17

The Lord is my light and my salvation;
whom shall I fear?
The Lord is the stronghold of my life;
of whom shall I be afraid?

Psalm 27: 1

Day 18

May the Lord give strength to his people!
May the Lord bless his people with peace!

Psalm 29: 11

Day 19

I sought the Lord, and he answered me
and delivered me from all my fears.

Psalm 34: 4

Day 20

God is our refuge and strength,
a very present help in trouble.

Psalm 46: 1

Day 21

“Be still, and know that I am God.
I will be exalted among the nations,
I will be exalted in the earth!”

Psalm 46: 10

Day 22

Why should I fear in times of trouble,
when the iniquity of those who cheat me
surrounds me.

Psalm 49: 5

Day 23

Restore to me the joy of your salvation,
and uphold me with a willing spirit.

Psalm 51: 12

Day 24

Behold, God is my helper;
the Lord is the upholder of my life.

Psalm 54: 4



32 Days in the Psalms

Day 25

But I call to God,
and the Lord will save me.

Psalm 55: 16

Day 26

Evening and morning and at noon
I utter my complaint and moan,
and he hears my voice.

Psalm 55: 17

Day 27

He who dwells in the shelter of the Most High
will abide in the shadow of the Almighty.

Psalm 91: 1

Day 28

I will say to the Lord,
“My refuge and my fortress,
my God, in whom I trust.”

Psalm 91: 2

Day 29

When the cares of my heart are many,
your consolations cheer my soul.

Psalm 94: 19

Day 30

He is not afraid of bad news;
his heart is firm, trusting in the Lord.

Psalm 112: 7

Day 31

This is my comfort in my affliction,
that your promise gives me life.

Psalm 119: 50

Day 32

The Lord is gracious and merciful,
slow to anger and abounding in steadfast love.

Psalm 145: 8