

# Praying through the Psalms in 52 weeks

What I learnt from the Psalms

**01** Thanks \_\_\_\_\_  
 Please \_\_\_\_\_  
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Psalm 1  Two persons  
 Psalm 51   
 Psalm 101

**02** Thanks \_\_\_\_\_  
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Psalm 2  Two persons  
 Psalm 52   
 Psalm 102

**03** Thanks \_\_\_\_\_  
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Psalm 3  Two persons  
 Psalm 53   
 Psalm 103

**04** Thanks \_\_\_\_\_  
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Psalm 4  Two persons  
 Psalm 54   
 Psalm 104

**05** Thanks \_\_\_\_\_  
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Psalm 5  Two persons  
 Psalm 55   
 Psalm 105

**06** Thanks \_\_\_\_\_  
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Psalm 6  Two persons  
 Psalm 56   
 Psalm 106

**07** Thanks \_\_\_\_\_  
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Psalm 7  Two persons  
 Psalm 57   
 Psalm 107

**08** Thanks \_\_\_\_\_  
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Psalm 8  Two persons  
 Psalm 58   
 Psalm 108

**09** Thanks \_\_\_\_\_  
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Psalm 9  Two persons  
 Psalm 59   
 Psalm 109

**10** Thanks \_\_\_\_\_  
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Psalm 10  Two persons  
 Psalm 60   
 Psalm 110

**11** Thanks \_\_\_\_\_  
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Psalm 11  Two persons  
 Psalm 61   
 Psalm 111

**12** Thanks \_\_\_\_\_  
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Psalm 12  Two persons  
 Psalm 62   
 Psalm 112

**13** Thanks \_\_\_\_\_  
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Psalm 13  Two persons  
 Psalm 63   
 Psalm 113

**14** Thanks \_\_\_\_\_  
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Psalm 14  Two persons  
 Psalm 64   
 Psalm 114

**15** Thanks \_\_\_\_\_  
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Psalm 15  Two persons  
 Psalm 65   
 Psalm 115

**16** Thanks \_\_\_\_\_  
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Psalm 16  Two persons  
 Psalm 66   
 Psalm 116

**17** Thanks \_\_\_\_\_  
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Psalm 17  Two persons  
 Psalm 67   
 Psalm 117

**18** Thanks \_\_\_\_\_  
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Psalm 18  Two persons  
 Psalm 68   
 Psalm 118

**19** Thanks \_\_\_\_\_  
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Psalm 19  Two persons  
 Psalm 69

**20** Thanks \_\_\_\_\_  
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Psalm 20  Two persons  
 Psalm 70   
 Psalm 120

**21** Thanks \_\_\_\_\_  
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Psalm 21  Two persons  
 Psalm 71   
 Psalm 121

**22** Thanks \_\_\_\_\_  
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Psalm 22  Two persons  
 Psalm 72   
 Psalm 111

**23** Thanks \_\_\_\_\_  
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Psalm 23  Two persons  
 Psalm 73   
 Psalm 123

**24** Thanks \_\_\_\_\_  
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Psalm 24  Two persons  
 Psalm 74   
 Psalm 124

**25** Thanks \_\_\_\_\_  
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Psalm 25  Two persons  
 Psalm 75   
 Psalm 125

**26** Thanks \_\_\_\_\_  
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Psalm 26  Two persons  
 Psalm 76   
 Psalm 126

**27** Thanks \_\_\_\_\_  
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Psalm 27  Two persons  
 Psalm 77   
 Psalm 127

**28** Thanks \_\_\_\_\_  
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Psalm 28  Two persons  
 Psalm 78   
 Psalm 128

**29** Thanks \_\_\_\_\_  
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Psalm 29  Two persons  
 Psalm 79   
 Psalm 129

**30** Thanks \_\_\_\_\_  
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Psalm 30  Two persons  
 Psalm 80   
 Psalm 130

**31** Thanks \_\_\_\_\_  
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Psalm 31  Two persons  
 Psalm 81   
 Psalm 131

**32** Thanks \_\_\_\_\_  
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Psalm 32  Two persons  
 Psalm 82   
 Psalm 132

**33** Thanks \_\_\_\_\_  
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Psalm 33  Two persons  
 Psalm 83   
 Psalm 133

**34** Thanks \_\_\_\_\_  
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Psalm 34  Two persons  
 Psalm 84   
 Psalm 134

**35** Thanks \_\_\_\_\_  
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Psalm 35  Two persons  
 Psalm 85   
 Psalm 135

**36** Thanks \_\_\_\_\_  
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Psalm 36  Two persons  
 Psalm 86   
 Psalm 136

**37** Thanks \_\_\_\_\_  
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Psalm 37  Two persons  
 Psalm 87   
 Psalm 137

**38** Thanks \_\_\_\_\_  
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Psalm 38  Two persons  
 Psalm 88   
 Psalm 138

**39** Thanks \_\_\_\_\_  
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Psalm 39  Two persons  
 Psalm 89   
 Psalm 139

**40** Thanks \_\_\_\_\_  
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Psalm 40  Two persons  
 Psalm 90   
 Psalm 140

**41** Thanks \_\_\_\_\_  
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Psalm 41  Two persons  
 Psalm 91   
 Psalm 141

**42** Thanks \_\_\_\_\_  
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Psalm 42  Two persons  
 Psalm 92   
 Psalm 142

**43** Thanks \_\_\_\_\_  
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Psalm 43  Two persons  
 Psalm 93   
 Psalm 143

**44** Thanks \_\_\_\_\_  
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Psalm 44  Two persons  
 Psalm 94   
 Psalm 144

**45** Thanks \_\_\_\_\_  
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Psalm 45  Two persons  
 Psalm 95   
 Psalm 145

**46** Thanks \_\_\_\_\_  
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Psalm 46  Two persons  
 Psalm 96   
 Psalm 146

**47** Thanks \_\_\_\_\_  
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Psalm 47  Two persons  
 Psalm 97   
 Psalm 147

**48** Thanks \_\_\_\_\_  
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Psalm 48  Two persons  
 Psalm 98   
 Psalm 148

**49** Thanks \_\_\_\_\_  
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Psalm 49  Two persons  
 Psalm 99   
 Psalm 149

**50** Thanks \_\_\_\_\_  
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Psalm 50  Two persons  
 Psalm 100   
 Psalm 150

**51** Thanks \_\_\_\_\_  
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Psalm 1  Two persons

**52** Thanks \_\_\_\_\_  
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Psalm 119  Two persons

**HOW TO USE THIS POSTER**  
 Each week, plan to read the chosen Psalms. Write down something you are thankful to God for, something you want to ask of Him and two people you want to pray for. Pray through these throughout the week. Also, take the opportunity to write down what you learn from the Psalms.