BIBLE BOOK CLUB, INC.

PSALMS FOR ORDINARY DAYS

A reflection journal

A free digital reading guide

Before you begin

The Psalms make space for many kinds of speech: delight, worry, gratitude, longing, and trust. This journal offers four readings and room to write. You do not have to force your day into a particular mood. Begin with the words in front of you, then respond honestly.

A simple way to use this book

Set aside ten to fifteen minutes. Read the psalm once without writing. Read it again and underline a word or image in your Bible. Use the prompts below to begin a journal entry. You may write a sentence, a page, or nothing at all. Silence can be part of reflection too.

ROOTED

Notice the different paths and the image of a planted tree.

Questions for reading

What shapes a person's attention in this psalm?

What makes the tree image vivid to you?

Where do you feel rooted today?

What practice helps you return to what matters?

Carry it into the week

Today I want to make room for...

Your notes

REST

Read for the places, movements, and changes of voice in the poem.

Questions for reading

- Which image offers comfort?
- Which line feels hard to receive?
- What does rest mean in your current season?
- How might care be given or received this week?

Carry it into the week

A place where I could receive care is...

Your notes

LONGING

The psalm moves between memory, thirst, and hope.

Questions for reading

What does the writer remember?

What feeling is named without being hidden?

What helps you speak honestly in uncertainty?

Where could you seek companionship rather than isolation?

Carry it into the week

One honest sentence about today is...

Your notes

PSALM 139:1-18

KNOWN

Pay attention to the psalm's images of nearness and attention.

Questions for reading

Which image stays with you?

How does the psalm describe being known?

Does being seen feel comforting, challenging, or both?

What would you like to bring into the light?

Carry it into the week

If I could speak openly, I would say...

Your journal does not need a perfect ending. Return to a psalm when you need its language. Read it in a new season and notice what has changed. Leave room for the words you have not yet found.