

Psalms to Pray: A Printable Guide by Mood

A gentle place to begin when you are looking for words to pray. Choose the mood that feels closest, read the psalm in your preferred Bible, then use the prompt as a starting point for your own prayer.

A note on the Scripture: the verse summaries in this guide are plain-English paraphrases, not quotations from a particular Bible translation. Read each passage in your preferred Bible for its full wording and context.

Anxious

Psalm 23

Paraphrase: The psalm pictures God as a shepherd who provides rest, direction and care. Even through frightening valleys, the writer trusts that God remains near and leads towards goodness.

Prayer prompt: Where do you need rest or reassurance today? Ask for help to notice God's care in your next step.

Psalm 46

Paraphrase: When the world feels shaken, God is described as a safe refuge and steady help. The psalm invites the reader to pause, remember God's presence and trust beyond the turmoil.

Prayer prompt: Name one worry you are carrying. Ask God to be your refuge and give you calm for the next step.

Thankful

Psalm 100

Paraphrase: The psalm calls people to worship with gladness and gratitude. It remembers God's goodness, faithful love and care across generations.

Prayer prompt: What is one good thing you have received today? Offer thanks for it, and for the care that surrounds you.

Psalm 103

Paraphrase: The writer urges their whole self to remember God's kindness and compassion. The psalm holds together forgiveness, healing, patient love and mercy.

Prayer prompt: Which kindness do you want to remember? Thank God for it, and ask for a heart that can share that kindness with others.

Sorry

Psalm 51

Paraphrase: The psalm is an honest plea for mercy and a clean heart after wrongdoing. It asks God to renew a willing spirit and restore the joy of a faithful life.

Prayer prompt: Is there something you need to acknowledge or put right? Ask for mercy, courage to repair harm and a renewed heart.

Psalm 32

Paraphrase: The psalm describes relief that comes from acknowledging wrongdoing instead of hiding it. It celebrates forgiveness and invites the reader to seek God's guidance.

Prayer prompt: What would honesty with God look like today? Ask for help to receive forgiveness and choose a wise next step.

Angry or hurting

Psalm 13

Paraphrase: The writer brings impatience and sorrow honestly to God, asking how long the pain will last. The psalm moves towards trust in steadfast love, without pretending the struggle is over.

Prayer prompt: What feels unresolved or unfair? Tell God honestly, and ask for strength to keep going without hiding your pain.

Psalm 42

Paraphrase: The psalm gives words to a soul longing for God while carrying grief and inner unrest. It makes room for honest distress and gently calls the heart to hope again.

Prayer prompt: What is weighing on your heart? Bring it to God as it is, and ask for a small sign of hope for today.

Joyful

Psalm 150

Paraphrase: The psalm calls every breath and every kind of instrument to praise God. Its closing celebration is an invitation for all creation to join in joyful worship.

Prayer prompt: What brings you joy today? Give thanks for it, and let your gratitude become praise.

Psalm 98

Paraphrase: The psalm celebrates God's saving faithfulness and calls the whole earth to sing. It imagines rivers and hills joining in glad praise.

Prayer prompt: What would it mean to praise God with your whole day? Name something good you have seen or experienced.

Needing guidance

Psalm 25

Paraphrase: The writer asks God to show the right path and teach the way of truth. The psalm joins guidance with mercy, humility and trust.

Prayer prompt: What decision or next step needs wisdom? Ask God for guidance, patience and the humility to learn.

Psalm 119:105-112

Paraphrase: God's word is pictured as a lamp for the next step and a light along the way. The writer commits to follow this guidance faithfully, even through difficulty.

Prayer prompt: What is one small step you can take with the wisdom you have? Ask God to guide your choices as you continue.