














*Different Ways to Read the Psalms*

**St. Athanasius (296-373 AD)**  
 Bishop of Alexandria, Egypt,  
 See of St. Mark the Apostle  
 from 8 June 328 – 2 May 373.

"It is possible for us, therefore, to find in the Psalter not only the reflection of our own soul's state, together with precept and example for all possible conditions, but also a fit form of words wherewith to please the Lord on each of life's occasions."

To the right are Dr. Bergsma's emojis with chapters by how you are feeling. Dealing with feelings through Scripture helps one to bring all things under the subjection of Christ.

If you are feeling . . .		Then read or recite:
	Happy	Psalms 92, 93, 96, 97, 100, 136, 150
	Pensive, Downcast	Psalms 42-43
	Fearful	Psalms 16, 23, 27, 46
	Sorry, Repentant	Psalms 25, 32, 51, 79
	Perplexed	Psalms 73, 90, 119
	Sleepy	Psalms 3, 4, 127
	Indignant	Psalms 7, 17, 82, 94, 129
	Sick	Psalms 6, 30, 41, 103
	Romantic	Psalms 45
	Scared	Psalms 55, 56, 91
	Tearful, Brokenhearted	Psalms 6, 88, 137
	Greedy	Psalms 49, 52, 73
	Weary	Psalms 6, 22, 31, 63, 90