



SUMMER in the PSALMS

90-DAY READING PLAN
ATHEY WOMEN 2026



THIS BOOK BELONGS TO :



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I can almost imagine summer now. Hot sunny days, cold popsicles, fresh garden veggies, and the smell of something on the BBQ. Everyone's summer looks a little different, but my hope for you is simple: that you would be in the Word daily.

As we have just finished studying Psalm 119, it felt fitting to continue by reading through the Psalms together this summer. The Psalms take us through the full range of life, from the highest praise to the deepest lows. They remind us that we can bring everything before the Lord. I have always loved the slow, steady meditation the Psalms invite us into.

This 90-day reading plan is designed to be flexible. You can start whenever you would like, and each day includes one or two chapters. When you come to Psalm 119, do not rush through it. Take your time. The Word is living and powerful, and it is worth slowing down even though you just spent a couple of months studying it!

Each day includes space to write down what stood out, take note of themes, or write out a verse you want to hold on to. These are simple ways to help you stay focused on the Word.

My prayer is that, in the middle of a full summer, you would begin your time with the Lord in prayer, open His Word, and allow Him to fill you day by day.

Becca
& THE ATHEY WOMEN TEAM





Day 1
PSALMS 1-2

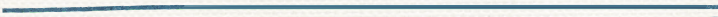
Day 2
PSALMS 3-4

Day 3
PSALM 5

Day 4
PSALMS 6-7

Day 5
PSALMS 8-9





Lined writing area with 15 horizontal lines.

Day 6
PSALM 10



Day 7
PSALMS 11-12



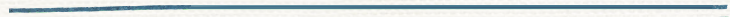
Day 8
PSALMS 13-14

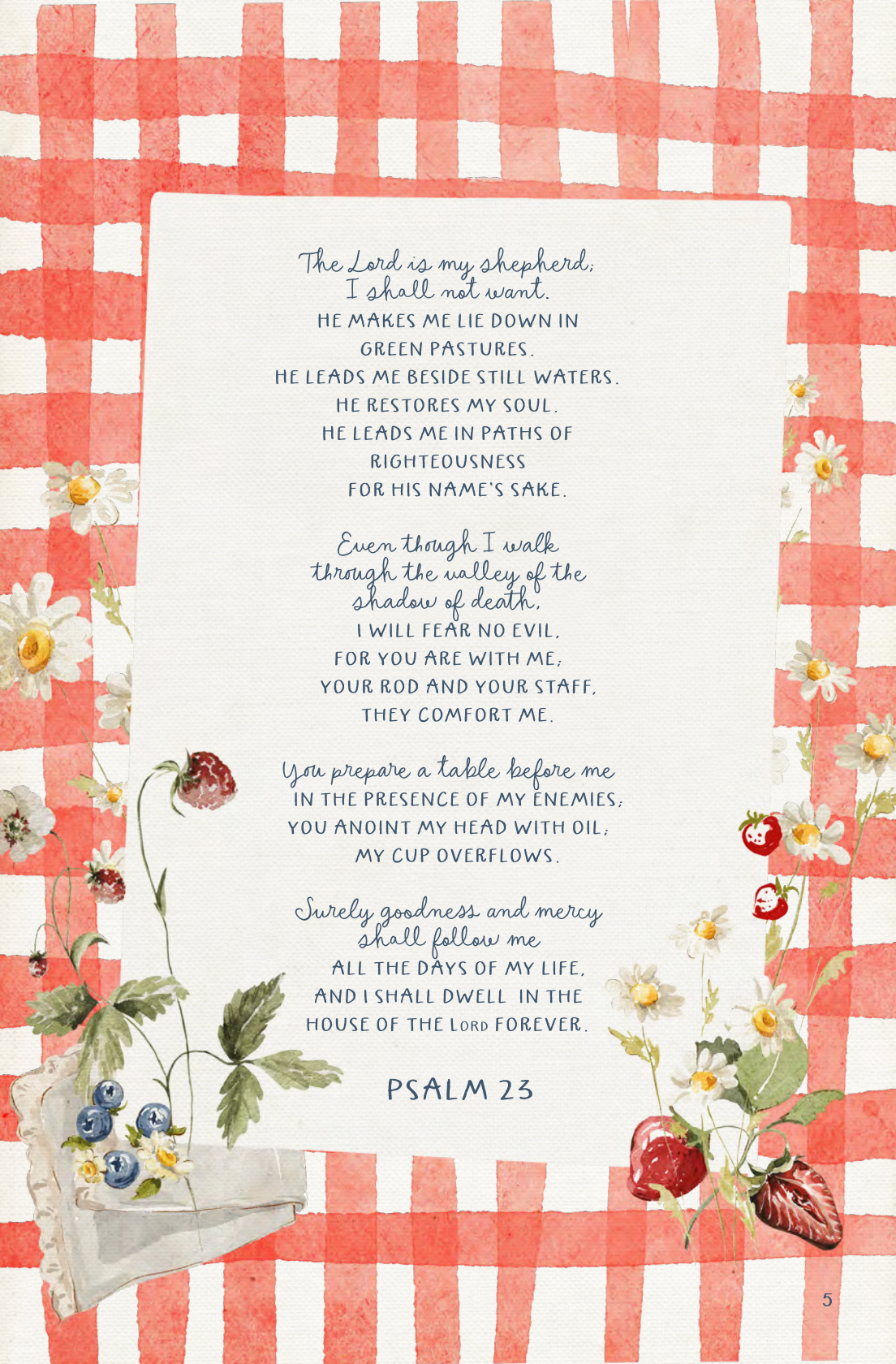


Day 9
PSALM 15



Day 10
PSALMS 16-17





*The Lord is my shepherd;
I shall not want.*
HE MAKES ME LIE DOWN IN
GREEN PASTURES.
HE LEADS ME BESIDE STILL WATERS.
HE RESTORES MY SOUL.
HE LEADS ME IN PATHS OF
RIGHTEOUSNESS
FOR HIS NAME'S SAKE.

*Even though I walk
through the valley of the
shadow of death,
I WILL FEAR NO EVIL,
FOR YOU ARE WITH ME,
YOUR ROD AND YOUR STAFF,
THEY COMFORT ME.*

*You prepare a table before me
IN THE PRESENCE OF MY ENEMIES,
YOU ANOINT MY HEAD WITH OIL,
MY CUP OVERFLOWS.*

*Surely goodness and mercy
shall follow me
ALL THE DAYS OF MY LIFE,
AND I SHALL DWELL IN THE
HOUSE OF THE LORD FOREVER.*

PSALM 23



Day 16
PSALMS 26-27

Day 17
PSALM 28

Day 18
PSALMS 29-30

Day 19
PSALMS 31-32

Day 20
PSALM 33



Day 21
PSALMS 34-35

Day 22
PSALMS 36-37

Day 23
PSALM 38

Day 24
PSALMS 39-40

Day 25
PSALMS 41-42



Day 26
PSALM 43

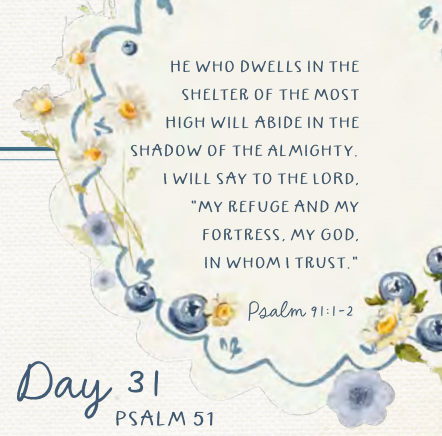
Day 27
PSALMS 44-45

Day 28
PSALMS 46-47

Day 29
PSALM 48

Day 30
PSALMS 49-50





HE WHO DWELLS IN THE
SHELTER OF THE MOST
HIGH WILL ABIDE IN THE
SHADOW OF THE ALMIGHTY.
I WILL SAY TO THE LORD,
"MY REFUGE AND MY
FORTRESS, MY GOD,
IN WHOM I TRUST."

Psalm 91:1-2

Day 31
PSALM 51

Day 32
PSALMS 52-53

Day 33
PSALMS 54-55

Day 34
PSALM 56

Day 35
PSALMS 57-58



Day 36
PSALMS 59-60

Day 37
PSALM 61

Day 38
PSALMS 62-63

Day 39
PSALMS 64-65

Day 40
PSALM 66



Day 46
PSALMS 75-76

Day 47
PSALMS 77-78

Day 48
PSALM 79

Day 49
PSALMS 80-81

Day 50
PSALMS 82-83





Day 61

PSALMS 100-101

Day 62

PSALM 102

Day 63

PSALMS 103-104

Day 64

PSALM 105

Day 65

PSALMS 106-107

YOU ARE MY GOD, AND I WILL GIVE THANKS TO YOU; YOU ARE MY GOD,
I WILL EXTOL YOU. OH GIVE THANKS TO THE LORD, FOR HE IS GOOD,

for his steadfast love endures forever!

PSALM 118:28-29



Day 71
PSALMS 116-117

Day 72
PSALM 118

Day 73
PSALM 119:1-48

Day 74
PSALM 119:49-96

Day 75
PSALM 119:97-144





Day 81

PSALMS 128-129

Day 82

PSALMS 130-131

Day 83

PSALMS 132-133

Day 84

PSALMS 134-135

Day 85

PSALM 136

CREATE IN
ME A CLEAN
HEART, O GOD,
AND RENEW A
RIGHT SPIRIT
WITHIN ME.





Day 86

PSALMS 137-138



Day 87

PSALM 139



Day 88

PSALMS 140-141



Day 89

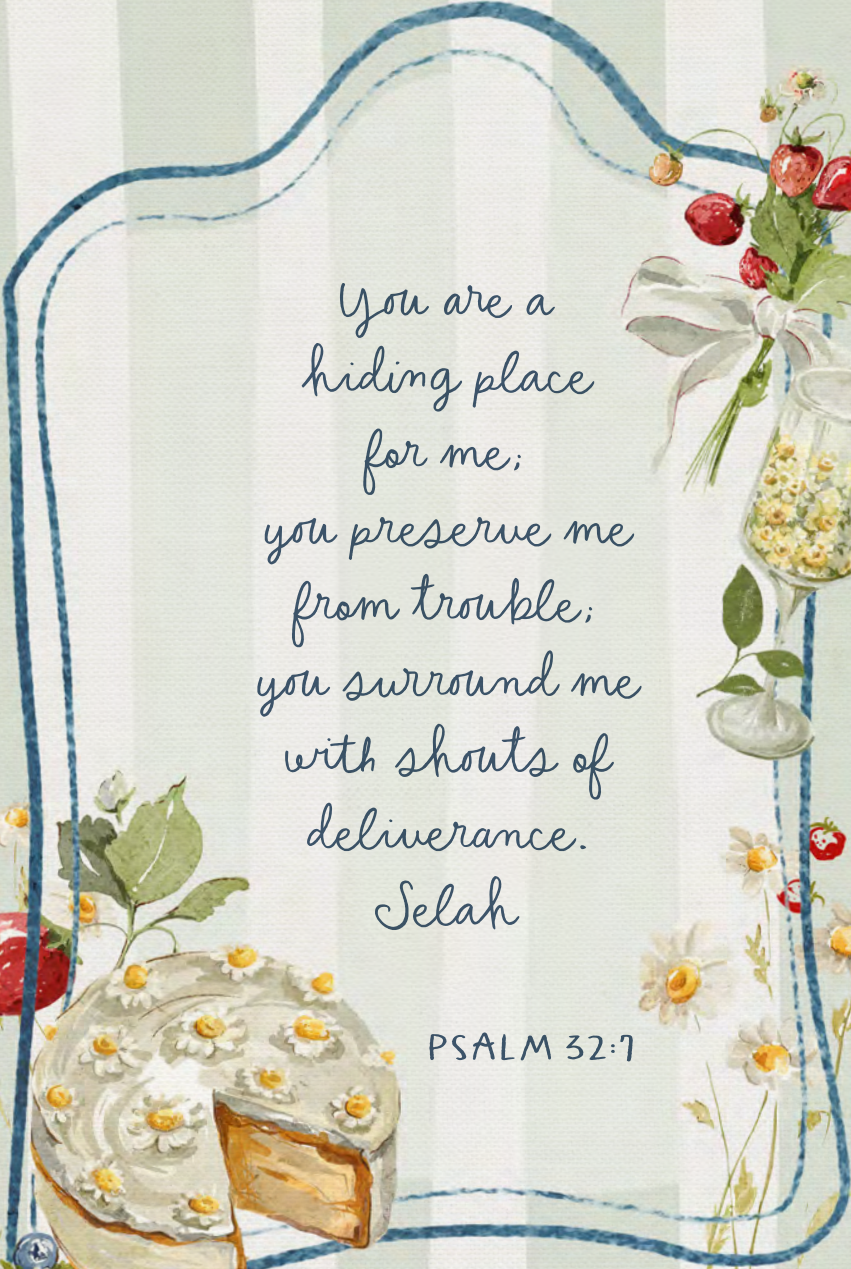
PSALMS 142-144



Day 90

PSALMS 145-150





You are a
hiding place
for me;
you preserve me
from trouble;
you surround me
with shouts of
deliverance.
Selah

PSALM 32:7





WOMEN DEVOTED TO GOD'S WORD