

Psalms to Cultivate Gratitude

“The Psalms help me cultivate gratitude for salvation history of which I am uniquely part of now. The Psalms point us to the great giver of the gifts of our lives, God. The Psalms open my eyes to the gift of God’s promises, shelter, and shield. Praying the Psalms gives us both words of surrender and words of gratitude.”

-From *Cultivating Gratitude: The Psalms*, beckyeldredge.com

List of Psalms to begin your prayer:

God’s Goodness and Love

- [Psalms 139](#)
- [Psalms 136](#)
- [Psalms 116](#)
- [Psalms 103](#)

God’s Protection and Shelter

- [Psalms 27](#)
- [Psalms 91](#)
- [Psalms 119:114-117](#)
- [Psalms 62](#)

Psalms of Comfort

- [Psalms 23](#)
- [Psalms 63](#)
- [Psalms 32:7](#)
- [Psalms 46:1](#)