

6 Benefits of Reading Psalms and Proverbs

The books of Psalms and Proverbs provide practical insights into the wisdom, blessings, and promises of God. Consider these six benefits of reading Psalms and Proverbs.



Permission to plead with God

Approximately one-third of the psalms beg questions that begin with “Why”?



Integration of body, mind, and soul

The psalms show us how to worship God with courage, memory, intellect, and our body.



Inspiration to creatively worship God

The psalmists’ words inspire us to stretch our minds to grasp the vastness of God.



Information about core precepts of the Bible

Some of Christianity’s most fundamental doctrines are described in the book of Psalms.



Perception to discern and apply truth

Proverbs teaches us to seek wisdom and to apply it in the circumstances and relationships where we need it most.



Communication strategies for building healthy relationships

Proverbs reminds us that our words are powerful and must be weighed carefully by both speakers and listeners.