

A Two-Week Rotation for Reading the Psalms

Week 1

Sunday:

Matins: 18 // 19, 20, 21
Lauds: 118
Prime: 150
Terce: 119:1-8
Sext: 119:9-16
None: 119:17-24
Vespers: 110
Compline: 4

Wednesday:

Matins: 32, 33, 34 // 35, 36
Lauds: 37
Prime: 100
Terce: 119:73-80
Sext: 119:81-88
None: 119:89-96
Vespers: 38
Compline: 31:1-5

Monday:

Matins: 1, 2, 3 // 5, 6, 7
Lauds: 8, 9
Prime: 148, 117
Terce: 119:25-32
Sext: 119:33-40
None: 119:41-48
Vespers: 10, 11
Compline: 91

Thursday:

Matins: 40, 41, 42 // 43, 44
Lauds: 45, 46
Prime: 97
Terce: 119:97-104
Sext: 119:105-112
None: 119:113-120
Vespers: 47, 48
Compline: 31:6-14

Tuesday:

Matins: 12, 13, 14 // 15, 16, 17
Lauds: 29, 30
Prime: 149
Terce: 119:49-56
Sext: 119:57-64
None: 119:65-72
Vespers: 39
Compline: 134

Friday:

Matins: 49, 50, 51 // 52, 53, 54
Lauds: 55, 56
Prime: 98
Terce: 119:121-128
Sext: 119:129-136
None: 119:137-144
Vespers: 22
Compline: 31:15-19

Saturday:

Matins: 57, 59, 60 // 61, 62, 63
Lauds: 64, 65
Prime: 99
Terce: 119:145-152
Sext: 119:153-160
None: 119:161-168
Vespers: 66, 67
Compline: 31:20-24

Week 2

Sunday:

Matins: 23, 24, 25 // 26, 27, 28
Lauds: 68
Prime: 150
Terce: 119:169-176
Sext: 116
None: 120
Vespers: 96, 103
Compline: 4

Monday:

Matins: 70, 71, 72 // 73, 74, 75
Lauds: 76, 77
Prime: 148, 117
Terce: 108
Sext: 121
None: 122
Vespers: 114, 115
Compline: 91

Tuesday:

Matins: 78 // 79, 80, 81
Lauds: 82, 83
Prime: 149
Terce: 123
Sext: 124
None: 125
Vespers: 84, 85
Compline: 134

Wednesday:

Matins: 86, 87, 88 // 89
Lauds: 90, 92
Prime: 100
Terce: 126
Sext: 127
None: 128
Vespers: 93, 94
Compline: 31:1-5

Thursday:

Matins: 105 // 106
Lauds: 101, 102
Prime: 97
Terce: 129
Sext: 130
None: 131
Vespers: 104
Compline: 31:6-14

Friday:

Matins: 107 // 135, 138, 139
Lauds: 136
Prime: 98
Terce: 132
Sext: 133
None: 137
Vespers: 69
Compline: 31:15-19

Saturday:

Matins: 140, 141, 142 // 143, 144, 145
Lauds: 146, 147
Prime: 99
Terce: 111
Sext: 112
None: 113
Vespers: 58, 109
Compline: 31:20-24