

## The Monthly Psalter

	<i>Sun.</i>	<i>Mon.</i>	<i>Tues.</i>	<i>Wed.</i>	<i>Thur.</i>	<i>Fri.</i>	<i>Sat.</i>
<i>Week 1</i>	1–8	12–16	19–21	25–27	31–33	37, 38	43–45
	9–11	17, 18	22–24	28–30	34–36	39–42	46–49
<i>Week 2</i>	50–53	57–60	65–67	69	73–74	78	82–85
	54–56	61–64	68	70–72	75–77	79–81	86–88
<i>Week 3</i>	89	93–96	102–103	105	107–108	111–114	118
	90–92	97–101	104	106	109–110	115–117	119:1–35
<i>Week 4</i>	119:36–72	119:105–136	120–124	130–133	136–138	143–145	148–150
	119:73–104	119:137–176	125–129	134–135	139–142	146–147	

### An Explanation of the Monthly Psalter

For those who wish to pray the Psalms in a regular, disciplined fashion, a schedule of readings may prove useful. This chart is intended to provide such a schedule of praying the Psalms in their entirety every four weeks. The readings for each day are divided into two with the intention that they will be used in the context of either corporate or private morning and evening prayer.

Regular prayer and meditation on the Psalms is an ancient practice in the church that early on recognized the Psalms as being best understood in the light of our Lord Jesus Christ. In one of His appearances after His Resurrection, our Lord said, "These are My words which I spoke to you while I was still with you, that all things which are written about Me in the Law of Moses and the Prophets and the Psalms must be fulfilled" (Luke 24: 44).

This chart might be used as a bookmark in one's Bible, or pasted at some place where it is easily viewed. You may reduce or enlarge this chart with your printing software. This chart is based on the one contained in *The Daily Office* edited by Herbert Lindemann (CPH, 1965).