

Pray through the Psalms.

You can pray through the psalms in the morning and evening using the following guide.

The guide includes morning and evening prayers for each calendar day so that you pray through the Psalter once a month. It is a good way to pray using the very words of Scripture. Read one or more psalms from the schedule. (On months with 31 days, the Book of Common Prayer suggests praying through the selection for day 30 again).

Day	AM	PM	Day	AM	PM	Day	AM	PM	Day	AM	PM
1	1-5	6-8	8	38-40	41-43	15	75-77	78	22	107	108-109
2	9-11	12-13	9	44-46	47-49	16	79-81	82-85	23	110-113	114-115
3	14-17	18	10	50-52	53-55	17	86-88	89	24	116-118	119:1-32
4	19-21	22-23	11	56-58	59-61	18	90-92	93-94	25	119:33-72	119:73-104
5	24-26	27-29	12	62-64	65-67	19	95-97	98-101	26	119:105-144	119:145ff
6	30-31	32-34	13	68	69-70	20	102-103	104	27	120-125	126-131
7	35-36	37	14	71-72	73-74	21	105	106	28	132-135	136-138
									29	139-140	141-143
									30	144-146	147-150

Source: Book of Common Prayer, 1622.

<http://www.calvarydevos.net>