

7 Weeks Praying the Psalms

Week 1	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Waking	119:1-8	119:9-16	119:17-24	119:25-32	119:33-40	119:41-48	119:49-56
Morning	16	8	5	93	100	136	30
Midday	46	72	27	80	13	56	40
Evening	138	4	113	143	41	123	149
Week 2	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Waking	119:57-64	119:65-72	119:73-80	119:81-88	119:89-96	119:97-104	119:103-112
Morning	122	48	18	15	28	71	47
Midday	92	81	67	97	36	32	57
Evening	1	106	75	11	125	126	134
Week 3	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Waking	119:113-20	119:121-128	119:129-136	119:137-144	119:145-152	119:153-160	119:161-168
Morning	50	43	66	49	68	127	38
Midday	14	144	79	82	87	17	64
Evening	3	110	115	133	128	22	103
Week 4	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Waking	119:169-176	12	25	29	33	86	19
Morning	16	42	26	39	141	148	76
Midday	74	58	52	54	85	84	58
Evening	2	110	115	133	128	22	103
Week 5	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Waking	119:1-8	119:9-16	119:17-24	119:25-32	119:33-40	119:41-48	119:49-56
Morning	111	44	51	73	101	107	37
Midday	96	117	121	131	129	89	34
Evening	9	145	60	59	147	65	62
Week 6	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Waking	119:57-64	119:65-72	119:73-80	119:81-88	119:89-96	119:97-104	119:105-112
Morning	2	10	21	35	45	53	77
Midday	6	102	114	132	137	142	159
Evening	7	31	61	63	83	88	94
Week 7	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Waking	119:113-120	119:121-128	119:129-36	119:137-144	119:145-152	119:153-60	119:161-68
Morning	20	40	69	70	78: 1-53	90	91
Midday	95	99	104	105	140	106	109
Evening	116	129	124	78:54-72	135	139	118