

Appendix: Praying through the Psalms Monthly

By praying a few psalms every morning and evening, the whole book of Psalms can be covered every month. Pray each psalm word for word, preferably aloud and always with the same translation, to aid in memorization.

Day	Morning Psalms	Evening Psalms
1	1-5	6-8
2	9-11	12-14
3	15-17	18
4	19-21	22-23
5	24-26	27-29
6	30-31	32-34
7	35-36	37
8	38-40	41-43
9	44-46	47-49
10	50-52	53-55
11	56-58	59-61
12	62-64	65-67
13	68	69-70
14	71-72	73-74
15	75-77	78
16	79-81	82-85
17	86-88	89
18	90-92	93-94
19	95-97	98-101
20	102-103	104
21	105	106
22	107	108-109
23	110-113	114-115
24	116-118	119:1-32
25	119:33-72	119:73-104
26	119:105-144	119:145-176
27	120-125	126-131
28	132-135	136-138
29	139-140	141-143
30**	144-146	147-150

* Source: *The Book of Common Prayer*

**For months with thirty-one days, you may wish to pray Psalms 144-146 on Day 30 and Psalms 147-150 on Day 31.