

Liturgy of the Hours Psalm Chart

		SUN	MON	TUE	WED	THU	FRI	SAT
I	OR	1 2 3	6 9	10 12	18:1-30	18:31-51	35	105 (131, 132)
	MP	63 149	5 29	24 33	36 47	57 48	51 100	119:145-152 117
	DP	118	19 7	119:1-8 13 14	119:9-16 17	119:17-24 25	119:25-32 26 28	119:33-40 34
	EP	110 114	11 15	20 21	27	30 32	41 46	• 119:105-112 • 16
II	OR	104	31	37	39 52	44	38	106 (136)
	MP	118 150	42 19	43 65	77 97	80 81	51 147	92 8
	DP	23 76	119:41-48 40	119:49-56 53 54	119:57-64 55	119:65-72 56 57	119:73-80 59 60	119:81-88 61 64
	EP	110 115	45	49	62 67	72	116:1-9 121	• 113 • 116:10-19
III	OR	145	50	68	89:1-38	89:39-53 90	69	107
	MP	93 148	84 96	85 67	86 98	87 99	51 100	119:145-152 117
	DP	118	119:89-96 71	119:97-104 74	119:105-112 70 75	119:113-120 79 80	22	119:121-128 34
	EP	110 111	123 124	125 131	126 127	132	135	• 122 • 130
IV	OR	24 66	73	102	103	44	78:1-39 (55)	78:40-72 (50)
	MP	118 150	90 135:1-12	101 144:1-10	108 146	143 147:1-11	51 147:12-20	92 8
	DP	23 76	119:129-136 82 120	119:137-144 88	119:145-152 94	119:153-160 128 129	119:161-168 133 140	119:169-176 45
	EP	110 112	136	137 138	139	144	145	• 141 • 142
	NP	91	86	143	31:1-6 130	16	88	• 4 • 134

Not included: 58, 83, 109 & 95

Night Prayer Psalms are the same every week.
Green numbers indicate Psalms which are used more than once during the four week cycle.
• Red bullets indicate Sunday Psalms which are read on Saturday evening.
(Parentheses indicate Psalms which alternate with the regular Psalm depending the season.)