

30 Day Cycle of the Psalter

1st Day	Morning Evening	Psalm 1-5 Psalm 6-8	16th Day	Morning Evening	Psalm 79-81 Psalm 82-85
2nd Day	Morning Evening	Psalm 9-11 Psalm 12-14	17th Day	Morning Evening	Psalm 86-88 Psalm 89
3rd Day	Morning Evening	Psalm 15-17 Psalm 18	18th Day	Morning Evening	Psalm 90-92 Psalm 93-94
4th Day	Morning Evening	Psalm 19-21 Psalm 22-23	19th Day	Morning Evening	Psalm 95-97 Psalm 98-101
5th Day	Morning Evening	Psalm 24-26 Psalm 27-29	20th Day	Morning Evening	Psalm 102-103 Psalm 104
6th Day	Morning Evening	Psalm 30-31 Psalm 32-34	21st Day	Morning Evening	Psalm 105 Psalm 106
7th Day	Morning Evening	Psalm 35-36 Psalm 37	22nd Day	Morning Evening	Psalm 107 Psalm 108-109
8th Day	Morning Evening	Psalm 38-40 Psalm 41-43	23rd Day	Morning Evening	Psalm 110-113 Psalm 114-115

9th Day **Morning** Psalm 44-46
Evening Psalm 47-49

24th Day **Morning** Psalm 116-118
Evening Psalm 119:1-32

10th Day **Morning** Psalm 50-52
Evening Psalm 53-55

25th Day **Morning** Psalm 119:33-72
Evening Psalm 119:73-104

11th Day **Morning** Psalm 56-58
Evening Psalm 59-61

26th Day **Morning** Psalm 119:105-144
Evening Psalm 119:145-176

12th Day **Morning** Psalm 62-64
Evening Psalm 65-67

27th Day **Morning** Psalm 120-125
Evening Psalm 126-131

13th Day **Morning** Psalm 68
Evening Psalm 69-70

28th Day **Morning** Psalm 132-135
Evening Psalm 136-138

14th Day **Morning** Psalm 71-72
Evening Psalm 73-74

29th Day **Morning** Psalm 139-140
Evening Psalm 141-143

15th Day **Morning** Psalm 75-77
Evening Psalm 78

30th Day **Morning** Psalm 144-146
Evening Psalm 147-150