

READING THE ENTIRE PSALTER FOR GREAT LENT

Psalms 1-4 Monday

Psalms 5-8 Tuesday

Psalms 9-12 Wednesday

Psalms 13-16 Thursday

Psalms 17-20 Friday

Psalms 21-24 Saturday

Psalms 25-28 Sunday

Psalms 29-32 Monday

Psalms 33-36 Tuesday

Psalms 37-40 Wednesday

Psalms 41-44 Thursday

Psalms 45-48 Friday

Psalms 49-53 Saturday

Psalms 54-58 Sunday

Psalms 59-63 Monday

Psalms 64-69 Tuesday

Psalms 70-72 Wednesday

Psalms 73-74 Thursday

Psalms 75-78 Friday

Psalms 79-82 Saturday

Psalms 83-86 Sunday

Psalms 87-90 Monday

Psalms 91-94 Tuesday

Psalms 95-98 Wednesday

Psalms 99-102 Thursday

Psalms 103-106 Friday

Psalms 107-110 Saturday

Psalms 111-114 Sunday

Psalms 115-118 Monday

Psalms 119 Tuesday

Psalms 120-122 Wednesday

Psalms 123-125 Thursday

Psalms 126-128 Friday

Psalms 129-131 Saturday

Psalms 132-134 Sunday

Psalms 135-137 Monday

Psalms 138-140 Tuesday

Psalms 141-143 Wednesday

Psalms 144-146 Thursday

Psalms 147-150 Friday

Note: Begin each day of psalm reading with the Trisagion prayers. The daily psalms are inserted following the Lord's prayer. Begin reading on the first day of Lent. Continue down the column to read the psalms for each successive day. No days are skipped. There are forty days of readings.

(Prayers for before praying the Psalms) (The Trisagion Prayers date back to the first century Church)

(Trisagion Prayers)

Glory to the Father and to the Son and to the Holy Spirit, now and ever unto ages of ages. Amen

O Heavenly King, the Comforter, the Spirit of Truth, Who art everywhere and fillest all things; Treasury of Blessings, and Giver of Life - Come and abide in us, and cleanse us from every impurity, and save our souls, O Good One.

Holy God! Holy Mighty! Holy Immortal! Have mercy on us. (3x)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

O most Holy Trinity, have mercy on us. O Lord, cleanse us from our sins. O Master, pardon our transgressions. O Holy One, visit and heal our infirmities, for Thy name's sake.

Lord, have mercy. (3x)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Our Father, Who art in Heaven, hallowed be Thy name. Thy Kingdom come; Thy will be done, on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from the evil one.

For Thine is the Kingdom and the Power and the Glory: of the Father and the Son and the Holy Spirit; now and ever unto ages of ages. Amen.

---Then Pray the daily psalms---

(Prayers at the end)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen. Alleluia, Alleluia, Alleluia, Glory to Thee O God (3x)

(St. Ephraim's Prayer)

O Lord and Master of my life, give me not a spirit of sloth, despair, lust of power, and idle talk. But give rather a spirit of chastity, humility, patience, and love to Thy servant. Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother: for blessed art Thou unto ages of ages. Amen.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Lord, have mercy. (3x) Through the prayers of our holy Fathers, O Lord Jesus Christ our God, save us and have mercy. Amen.