

traditional one-month psalm cycle

The following Table has the suggested psalms to complete the book of Psalm every 30 days based on day of the month

Date	Morning Prayer	Evening Prayer
1	1, 2, 3, 4, 5	6, 7, 8
2	9, 10, 11	12, 13, 14
3	15, 16, 17	18
4	19, 20, 21	22, 23
5	24, 25, 26	27, 28, 29
6	30, 31	32, 33, 34
7	35, 36	37
8	38, 39, 40	41, 42, 43
9	44, 45, 46	47, 48, 49
10	50, 51, 52	53, 54, 55
11	56, 57, 58	59, 60, 61
12	62, 63, 64	65, 66, 67
13	68	69, 70
14	71, 72	73, 74
15	75, 76, 77	78
16	79, 80, 81	82, 83, 84, 85
17	86, 87, 88	89
18	90, 91, 92	93, 94
19	95, 96, 97	98, 99, 100, 101
20	102, 103	104
21	105	106
22	107	108, 109
23	110, 111, 112, 113	114, 115
24	116, 117, 118	119:1-32
25	119:33-72	119:73-104
26	119:105-144	119:145-176
27	120, 121, 122, 123, 124, 125	126, 127, 128, 129, 130, 131
28	132, 133, 134, 135	136, 137, 138
29	139, 140	141, 142, 143
30	144, 145, 146	147, 148, 149, 150

If there is a 31st day of the month, psalms are chosen from among the Songs of Ascents(120 TO 134)