

New Life Fellowship

DAILY OFFICE **Praying The Psalms** **Thru The Year** November 2009-2010

GUIDELINES:

- ▶ An Office is a time to STOP, SLOW DOWN, CENTER, and PAUSE to be with Jesus two, three, even four times each day. This particular tool takes you through all 150 Psalms every 6-8 weeks.
- ▶ Think of the Psalms as songs and prayers given by God so that we might sing and pray them back to Him. Ancient Jews and early Christians allowed the poetry to take over their souls and work into the depths of their bodies and minds. Some even memorized all 150 Psalms!
- ▶ As you read, I recommend reading the words aloud back to God. God will speak to you through a phrase, a word, an image. You may want to read the same Psalm two or three times — slowly, meditatively. Speak to God through the Psalms and listen to what He says through them by the Spirit. Go at your own pace.
- ▶ The asterisk between the Psalms (*) is meant to indicate morning and evening prayer. The ordering of the Psalms found here is taken from *The Book of Common Prayer* (1979).

©2009 Pete Scazzero

Emotionally Healthy Spirituality
www.emotionallyhealthy.org
New Life Fellowship
www.newlifefellowship.org

6/13/10	Sunday	63, 98	*	103
6/14/10	Monday	41, 52	*	44
6/15/10	Tuesday	45	*	47, 48
6/16/10	Wednesday	119:49-72	*	49, 53
6/17/10	Thursday	50	*	59, 60, 8, 84
6/18/10	Friday	40, 54	*	51
6/19/10	Saturday	55	*	138, 139

6/20/10	Sunday	24, 29	*	8, 84
6/21/10	Monday	56, 57, 58	*	64, 65
6/22/10	Tuesday	61, 62	*	68
6/23/10	Wednesday	72	*	119:73-96
6/24/10	Thursday	70, 71	*	74
6/25/10	Friday	69	*	73
6/26/10	Saturday	75, 76	*	23, 27

6/27/10	Sunday	93, 96	*	34
6/28/10	Monday	80	*	77, 79
6/29/10	Tuesday	78:1-39	*	78:40-72
6/30/10	Wednesday	119:97-120	*	81, 82
7/1/10	Thursday	83, 34	*	85, 86
7/2/10	Friday	88	*	91, 92
7/3/10	Saturday	87, 90	*	136

7/4/10	Sunday	66, 67	*	19, 46
7/5/10	Monday	89:1-18	*	89:19-52
7/6/10	Tuesday	97, 99, 100	*	94, 95
7/7/10	Wednesday	101, 109	*	119:121-144
7/8/10	Thursday	105:1-22	*	105:23-45
7/9/10	Friday	102	*	107:1-32
7/10/10	Saturday	107:33-43, 108	*	33

7/11/10	Sunday	118	*	145
7/12/10	Monday	106:1-18	*	106:19-48
7/13/10	Tuesday	120, 121-123	*	124-126, 127
7/14/10	Wednesday	119:145-176	*	128-130
7/15/10	Thursday	131, 132, 133	*	134, 135
7/16/10	Friday	140, 142	*	141, 143
7/17/10	Saturday	137, 144	*	104

7/18/10	Sunday	146, 147	*	111, 112, 113
7/19/10	Monday	1, 2, 3	*	4, 7
7/20/10	Tuesday	5, 6	*	10, 11
7/21/10	Wednesday	119:1-24	*	12, 13, 14
7/22/10	Thursday	18:1-20	*	18:21-50
7/23/10	Friday	16, 17	*	22
7/24/10	Saturday	20, 21	*	110, 116, 117

7/25/10	Sunday	148-15	*	14, 115
7/26/10	Monday	25	*	9, 15
7/27/10	Tuesday	26, 28	*	36, 39
7/28/10	Wednesday	38	*	119:25-48
7/29/10	Thursday	37:1-18	*	37:19-42
7/30/10	Friday	31	*	35
7/31/10	Saturday	30, 32	*	42, 43

8/1/10	Sunday	63, 98	*	103
8/2/10	Monday	41, 52	*	44
8/3/10	Tuesday	45	*	47, 48
8/4/10	Wednesday	119:49-72	*	49, 53
8/5/10	Thursday	50	*	59, 60, 66, 67
8/6/10	Friday	40, 54	*	51
8/7/10	Saturday	55	*	138, 139

8/8/10	Sunday	24, 29	*	8, 84
8/9/10	Monday	56, 57, 58	*	64, 65
8/10/10	Tuesday	61, 62	*	68
8/11/10	Wednesday	72	*	119:73-96
8/12/10	Thursday	70, 71	*	74
8/13/10	Friday	69	*	73
8/14/10	Saturday	75, 76	*	23, 27

8/15/10	Sunday	93, 96	*	34
8/16/10	Monday	80	*	77, 79
8/17/10	Tuesday	78:1-39	*	78:40-72
8/18/10	Wednesday	119:97-120	*	81, 82
8/19/10	Thursday	83, 145	*	85, 86
8/20/10	Friday	88	*	91, 92
8/21/10	Saturday	87, 90	*	136

8/22/10	Sunday	66, 67	*	19, 46
8/23/10	Monday	89:1-18	*	89:19-52
8/24/10	Tuesday	97, 99, 100	*	94, 95
8/25/10	Wednesday	101, 109	*	119:121-144
8/26/10	Thursday	105:1-22	*	105:23-45
8/27/10	Friday	102	*	107:1-32
8/28/10	Saturday	107:33-43, 108	*	33

8/29/10	Sunday	118	*	145
8/30/10	Monday	106:1-18	*	106:19-48
8/31/10	Tuesday	120-123	*	124-127
9/1/10	Wednesday	119:145-176	*	128-130
9/2/10	Thursday	131, 132, 133	*	134, 135
9/3/10	Friday	140, 142	*	141, 143
9/4/10	Saturday	137, 144	*	104

9/5/10	Sunday	146, 147	*	111, 112, 113
9/6/10	Monday	1, 2, 3	*	4, 7
9/7/10	Tuesday	5, 6	*	10, 11
9/8/10	Wednesday	119:1-24	*	12, 13, 14
9/9/10	Thursday	18:1-20	*	18:21-50
9/10/10	Friday	16, 17	*	22
9/11/10	Saturday	20, 21	*	110, 116, 117

9/12/10	Sunday	148-150	*	114, 115
9/13/10	Monday	25	*	9, 15
9/14/10	Tuesday	26, 28	*	36, 39
9/15/10	Wednesday	38	*	119:25-48
9/16/10	Thursday	37:1-18	*	37:19-42
9/17/10	Friday	31	*	35
9/18/10	Saturday	30, 32	*	42, 43

9/19/10	Sunday	63, 98	*	103
9/20/10	Monday	41, 52	*	44
9/21/10	Tuesday	45	*	47, 48
9/22/10	Wednesday	119:49-72	*	49, 53
9/23/10	Thursday	50	*	59, 60, 93, 96
9/24/10	Friday	40, 54	*	51
9/25/10	Saturday	55	*	138, 139

9/26/10	Sunday	24, 29	*	8, 84
9/27/10	Monday	56-58	*	64, 65
9/28/10	Tuesday	61, 62	*	68
9/29/10	Wednesday	72	*	119:73-96
9/30/10	Thursday	70, 71	*	74
10/1/10	Friday	69	*	73
10/2/10	Saturday	75, 76	*	23, 27

10/3/10	Sunday	93, 96	*	34
10/4/10	Monday	80	*	77, 79
10/5/10	Tuesday	78:1-39	*	78:40-72
10/6/10	Wednesday	119:97-120	*	81, 82
10/7/10	Thursday	83, 116, 117	*	85, 86
10/8/10	Friday	88	*	91, 92
10/9/10	Saturday	87, 90	*	136

10/10/10	Sunday	66, 67	*	19, 46
10/11/10	Monday	89:1-18	*	89:19-52
10/12/10	Tuesday	97, 99, 100	*	94, 95
10/13/10	Wednesday	101, 109	*	119:121-144
10/14/10	Thursday	105:1-22	*	105:23-45
10/15/10	Friday	102	*	107:1-32
10/16/10	Saturday	107:33-43, 108	*	33

10/17/10	Sunday	118	*	145
10/18/10	Monday	106:1-18	*	106:19-48
10/19/10	Tuesday	120, 121-123	*	124-126, 127
10/20/10	Wednesday	119:145-176	*	128-130
10/21/10	Thursday	131, 132, 133	*	134, 135
10/22/10	Friday	140, 142	*	141, 143
10/23/10	Saturday	137, 144	*	104

10/24/10	Sunday	146, 147	*	111, 112, 113
10/25/10	Monday	1, 2, 3	*	4, 7
10/26/10	Tuesday	5, 6	*	10, 11
10/27/10	Wednesday	119:1-24	*	12, 13, 14
10/28/10	Thursday	18:1-20	*	18:21-50
10/29/10	Friday	16, 17	*	22
10/30/10	Saturday	20, 21	*	110, 116, 117

10/31/10	Sunday	148-150	*	114, 115
11/1/10	Monday	25	*	9, 15
11/2/10	Tuesday	26, 28	*	36, 39
11/3/10	Wednesday	38	*	119:25-48
11/4/10	Thursday	37:1-18	*	37:19-42
11/5/10	Friday	31	*	35
11/6/10	Saturday	30, 32	*	42, 43

11/7/10	Sunday	63, 98	*	103
11/8/10	Monday	41, 52	*	44
11/9/10	Tuesday	45	*	47, 48
11/10/10	Wednesday	119:49-72	*	49, 53
11/11/10	Thursday	50	*	59, 60, 103
11/12/10	Friday	40, 54	*	51
11/13/10	Saturday	55	*	138, 139

11/14/10	Sunday	24, 29	*	8, 84
11/15/10	Monday	56, 57, 58	*	64, 65
11/16/10	Tuesday	61, 62	*	68
11/17/10	Wednesday	72	*	119:73-96
11/18/10	Thursday	70, 71	*	74
11/19/10	Friday	69	*	73
11/20/10	Saturday	75, 76	*	23, 27

11/21/10	Sunday	93, 96	*	34
11/22/10	Monday	80	*	77, 79
11/23/10	Tuesday	78:1-39	*	78:40-72
11/24/10	Wednesday	119:97-120	*	81, 82
11/25/10	Thursday	83, 23, 27	*	85, 86
11/26/10	Friday	88	*	91, 92
11/27/10	Saturday	87, 90	*	136

PRAYING THE PSALMS IN A YEAR

WEEK OF 1 ADVENT

11/29/09	Sunday	146, 147	*	111, 112, 113
11/30/09	Monday	1, 2, 3	*	4, 7
12/1/09	Tuesday	5, 6	*	10, 11
12/2/09	Wednesday	119:1-24	*	12, 13, 14
12/3/09	Thursday	18: 1-20	*	18:21-50
12/4/09	Friday	16, 17	*	22
12/5/09	Saturday	20, 21:1-11	*	110, 116, 117

WEEK OF 2 ADVENT

12/6/09	Sunday	148, 149, 150	*	114, 115
12/7/09	Monday	25	*	9, 15
12/8/09	Tuesday	26, 28	*	36, 39
12/9/09	Wednesday	38	*	119:25-48
12/10/09	Thursday	37:1-18	*	37:19-42
12/11/09	Friday	31	*	35
12/12/09	Saturday	30, 32	*	42, 43

WEEK OF 3 ADVENT

12/13/09	Sunday	63, 98	*	103
12/14/09	Monday	41, 52	*	44
12/15/09	Tuesday	45	*	47, 48
12/16/09	Wednesday	119:49-72	*	49, 53
12/17/09	Thursday	50	*	59, 60, 33
12/18/09	Friday	40, 54	*	51
12/19/09	Saturday	55	*	138, 139

WEEK OF 4 ADVENT/CHRISTMAS WEEK

12/20/09	Sunday	24, 29 45, 46	*	8, 84 89:1-29
12/21/09	Monday	61, 62, 85	*	112, 115 110, 132
12/22/09	Tuesday	66, 67	*	116, 117
12/23/09	Wednesday	72	*	111, 113
Christmas Eve				
12/24/09	Thursday	80	*	146, 147
Christmas Day				
12/25/09	Friday	93, 96	*	148, 1
12/26/09	Saturday	20, 21	*	23, 27

12/27/09	Sunday	93, 96	*	34
12/28/09	Monday	103	*	148
12/29/09	Tuesday	34	*	33
12/30/09	Wednesday	68	*	72
12/31/09	Thursday	85, 87	*	89:1-29
1/1/10	Friday	2, 110	*	29, 98
1/2/10	Saturday	46, 97	*	96, 100

1/3/10	Sunday	103, 66, 67	*	114, 115, 145
1/4/10	Monday	117, 118	*	112, 113
1/5/10	Tuesday	121, 122, 123	*	131, 132
Epiphany				
1/6/10	Wednesday	138, 139	*	147
1/7/10	Thursday	148, 150	*	91, 92
1/8/10	Friday	98, 99, 100	*	90
1/9/10	Saturday	46, 48	*	104

1/10/10	Sunday	146, 147	*	111, 112, 113
1/11/10	Monday	1, 2, 3	*	4, 7
1/12/10	Tuesday	5, 6	*	10, 11
1/13/10	Wednesday	119:1-24	*	12, 13, 14
1/14/10	Thursday	18:1-20	*	18:21-50
1/15/10	Friday	16, 17	*	22
1/16/10	Saturday	20, 21	*	110, 116, 117

1/17/10	Sunday	148, 149	*	150
1/18/10	Monday	25	*	9, 15
1/19/10	Tuesday	26, 28	*	36, 39
1/20/10	Wednesday	38	*	119:25-48
1/21/10	Thursday	37:1-18	*	37:19-42
1/22/10	Friday	31	*	35
1/23/10	Saturday	30, 32	*	42, 43

1/24/10	Sunday	63, 98	*	103
1/25/10	Monday	41, 52	*	44
1/26/10	Tuesday	45	*	47, 48
1/27/10	Wednesday	119:49-72	*	49, 53
1/28/10	Thursday	50	*	59, 60, 118
1/29/10	Friday	40, 54	*	51
1/30/10	Saturday	55	*	138, 139

1/31/10	Sunday	24, 29	*	8, 84
2/1/10	Monday	56, 57, 58	*	64, 65
2/2/10	Tuesday	61, 62	*	68
2/3/10	Wednesday	72	*	119:73-96
2/4/10	Thursday	70, 71	*	74
2/5/10	Friday	69	*	73
2/6/10	Saturday	75, 76	*	23, 27

2/7/10	Sunday	93, 96	*	34
2/8/10	Monday	80	*	77, 79
2/9/10	Tuesday	78:1-39	*	78:40-72
2/10/10	Wednesday	119:97-120	*	81, 82
2/11/10	Thursday	83, 146, 147	*	85, 86
2/12/10	Friday	88	*	91, 92
2/13/10	Saturday	87, 90	*	136

WEEK 1 LENT

2/14/10	Sunday	66, 67	*	19, 46
2/15/10	Monday	89:1-18	*	89:19-52
2/16/10	Tuesday	97, 99 100	*	94 95
2/17/10	Ash Wednesday	101,109:1-30	*	119:121-144
2/18/10	Thursday	105:1-22	*	105:23-45
2/19/10	Friday	102	*	107:1-32
2/20/10	Saturday	107:33-43, 108	*	33

WEEK 2 LENT

2/21/10	Sunday	118	*	145
2/22/10	Monday	106:1-18	*	106:19-48
2/23/10	Tuesday	120—123	*	124-126 127
2/24/10	Wednesday	119:145-176	*	128, 129, 130
2/25/10	Thursday	131, 132 133	*	134, 135
2/26/10	Friday	140, 142	*	141, 143
2/27/10	Saturday	137, 144	*	104

WEEK 3 LENT

2/28/10	Sunday	63, 98	*	103
3/1/10	Monday	41, 52	*	44
3/2/10	Tuesday	45	*	47, 48
3/3/10	Wednesday	119:49-72	*	49, 53
3/4/10	Thursday	50	*	59, 60, 19, 46
3/5/10	Friday	95, 40, 54	*	51
3/6/10	Saturday	55	*	138, 139

WEEK 4 LENT

3/7/10	Sunday	24, 29	*	8, 84
3/8/10	Monday	56, 57, 58	*	64, 65
3/9/10	Tuesday	61, 62	*	68
3/10/10	Wednesday	72	*	119:73-96
3/11/10	Thursday	70, 71	*	74
3/12/10	Friday	95, 69	*	73
3/13/10	Saturday	75, 76	*	23, 27

WEEK 5 LENT

3/14/10	Sunday	93, 96	*	34
3/15/10	Monday	80	*	77 79
3/16/10	Tuesday	78:1-39	*	78:40-72
3/17/10	Wednesday	119:97-120	*	81, 82
3/18/10	Thursday	83, 42, 43	*	85, 86
3/19/10	Friday	95, 88	*	91, 92
3/20/10	Saturday	87, 90	*	136

WEEK 6 LENT

3/21/10	Sunday	66, 67	*	19, 46
3/22/10	Monday	89:1-18	*	89:19-52
3/23/10	Tuesday	97, 99, 100	*	94 95
3/24/10	Wednesday	101, 109	*	119:121-144
3/25/10	Thursday	69	*	73
3/26/10	Friday	95, 102	*	107:1-32
3/27/10	Saturday	107:33-43, 108	*	33

HOLY WEEK

3/28/10	Palm Sunday	24, 29	*	103
3/29/10	Monday	51	*	69:1-23
3/30/10	Tuesday	6, 12	*	94
3/31/10	Wednesday	55	*	74
4/1/10	Thursday	102	*	142, 143
4/2/10	Good Friday	95, 22	*	40, 54
4/3/10	Saturday	95, 88	*	27

EASTER WEEK

4/4/10	Easter Sunday	148-150	*	113, 114, 118
4/5/10	Monday	93, 98	*	66
4/6/10	Tuesday	103	*	111, 114
4/7/10	Wednesday	97, 99	*	115
4/8/10	Thursday	146, 147	*	148, 149
4/9/10	Friday	136	*	118
4/10/10	Saturday	145	*	104

4/11/10	Sunday	146, 147	*	111, 112, 113
4/12/10	Monday	1, 2, 3	*	4, 7
4/13/10	Tuesday	5, 6	*	10, 11
4/14/10	Wednesday	119:1-24	*	12, 13, 14
4/15/10	Thursday	18:1-20	*	18:21-50
4/16/10	Friday	16, 17	*	134, 135
4/17/10	Saturday	20, 21	*	110, 116, 117

4/18/10	Sunday	148, 149, 150	*	114, 115
4/19/10	Monday	25	*	9, 15
4/20/10	Tuesday	26, 28	*	36, 39
4/21/10	Wednesday	38	*	119:25-48
4/22/10	Thursday	37:1-18	*	37:19-42
4/23/10	Friday	105:1-22	*	105:23-45
4/24/10	Saturday	30, 32	*	42, 43

4/25/10	Sunday	63, 98	*	103
4/26/10	Monday	41, 52	*	44
4/27/10	Tuesday	45	*	47, 48
4/28/10	Wed.	119:49-72	*	49, 53
4/29/10	Thursday	50	*	59, 60 114, 115
4/30/10	Friday	40, 54	*	53
5/1/10	Saturday	55	*	138, 139:1-23

5/2/10	Sunday	24, 29	*	8, 84
5/3/10	Monday	56, 57, 58	*	64, 65
5/4/10	Tuesday	61, 62	*	68
5/5/10	Wednesday	72	*	119:73-96
5/6/10	Thursday	70 71	*	74
5/7/10	Friday	106:1-18	*	106:19-48
5/8/10	Saturday	75, 76	*	23, 27

5/9/10	Sunday	93, 96	*	34
5/10/10	Monday	80	*	77, 79
5/11/10	Tuesday	78:1-39	*	78:40-72
5/12/10	Wednesday	119:97-120	*	68:1-20
5/13/10	Thursday	8, 47	*	24, 96
5/14/10	Friday	85, 86	*	91, 92
5/15/10	Saturday	87, 90	*	136

5/16/10	Sunday	66, 67	*	19, 46
5/17/10	Monday	89:1-18	*	89:19-52
5/18/10	Tuesday	97, 99, 100	*	94, 95
5/19/10	Wednesday	101, 109	*	119:121-144
5/20/10	Thursday	105:1-22	*	105:23-45
5/21/10	Friday	102	*	107:1-32
5/22/10	Saturday	107:33-43, 108	*	33

5/23/10	Pentecost Sunday	118	*	145
5/24/10	Monday	106:1-18	*	106:19-48
5/25/10	Tuesday	120, 121-123	*	124-126 127
5/26/10	Wednesday	119:145-176	*	128-130
5/27/10	Thursday	131, 132, 133	*	134, 135
5/28/10	Friday	140, 142	*	141, 143
5/29/10	Saturday	137, 144	*	104

5/30/10	Sunday	146, 147	*	111, 112, 113
5/31/10	Monday	1, 2, 3	*	4, 7
6/1/10	Tuesday	5, 6	*	10, 11
6/2/10	Wednesday	119:1-24	*	12, 13, 14
6/3/10	Thursday	18:1-20	*	18:21-50
6/4/10	Friday	16, 17	*	22
6/5/10	Saturday	20, 21	*	110, 116, 117

6/6/10	Sunday	148, 149, 150	*	114, 115
6/7/10	Monday	25	*	9, 15
6/8/10	Tuesday	26, 28	*	36, 39
6/9/10	Wednesday	38	*	119:25-48
6/10/10	Thursday	37:1-18	*	37:19-42
6/11/10	Friday	31	*	35
6/12/10	Saturday	30, 32	*	42, 43