

PLEASE SAVE THESE – THEY ARE A 4-WEEK CYCLE

MPC Daily Prayer - Week 1

(Paraclete Psalter, p.3)

Morning Prayer (Lauds)

Morning Psalms *(see back or Paraclete Psalter)*

Midday Prayer

Midday Psalms *(see back or Paraclete Psalter)*

Evening Prayer (Vespers)

Evening Psalms *(see back or Paraclete Psalter)*

Night Prayer (Compline)

Evening Psalms *(see back or Paraclete Psalter)*

Notes:

- Recommended times: 6am - Morning/Lauds, noon - Midday, 5pm Evening/Vespers, 10pm - Night/Compline, This schedule is very flexible and you should pray at the times convenient for you.*
- The Paraclete Psalter contains daily prayers, scriptures and Psalm meditations. It comes with a comfortable leather cover and is convenient to use. It is highly recommended that you purchase your own copy.*
- Praying with this schedule will take you through the entire Book of Psalms in a month.*

MPC Daily Prayer - Week 1*(Paraclete Psalter, p. 3)***Daily Psalms (*-Paraclete Psalter)**

<p>Sunday, Week 1 Morning (<i>Lauds</i>): Psalms 95, 63, 118, 150 Evening (<i>Vespers</i>): Psalms 110, 111, 112, 113</p>	<p>Thursday, Week 1 Morning (<i>Lauds</i>): Psalms 100, 27, 30, 148 Midday : Psalms 118:25-50, 23 Evening (<i>Vespers</i>): Psalms 45, 46, 55 Night (<i>Compline</i>): Psalms 4, 91, 134</p>
<p>Monday, Week 1 Morning (<i>Lauds</i>): Psalms 24, 3, 5, 11, 146 Midday : Psalms 1, 12, 13 Evening (<i>Vespers</i>): Psalms 6, 8, 22 Night (<i>Compline</i>): Psalms 4, 91, 134</p>	<p>Friday, Week 1 Morning (<i>Lauds</i>): Psalms 122, 32, 149 Midday : Psalms 16, 17, 20 Evening (<i>Vespers</i>): Psalms 48, 49, 59 Night (<i>Compline</i>): Psalms 4, 91, 134</p>
<p>Tuesday, Week 1 Morning (<i>Lauds</i>): Psalms 29, 19, 21, 147:1-11 Midday : Psalms 9, 10 Evening (<i>Vespers</i>): Psalms 7, 28, 33 Night (<i>Compline</i>): Psalms 4, 91, 134</p>	<p>Saturday, Week 2 Evening (<i>Vespers</i>): Psalms 46, 116, 138, 141</p>
<p>Wednesday, Week 1 Morning (<i>Lauds</i>): Psalms 67, 25, 26, 147:12-20 Midday : Psalms 14, 18:1-24 Evening (<i>Vespers</i>): Psalms 15, 38, 44 Night (<i>Compline</i>): Psalms 4, 91, 134</p>	<p>* - <i>The four week schedule of Psalms is adapted from the <u>Paraclete Psalter</u>. Copies are available for purchase from the MPC office.</i></p>

Notes: Each week, Saturday Vespers starts the next week and is the only prayer on Saturday. Sunday contains Morning/Lauds and Evening/Vespers. All other week days follow the 4 office schedule (Morning/Lauds, Midday, Evening/Vespers, Night/Compline)