

PLEASE SAVE THESE – THEY ARE A 4-WEEK CYCLE

MPC Daily Prayer - Week 2

(Paraclete Psalter, week 2)

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 2*(Paraclete Psalter, week 2)*

Daily Psalms (*-Paraclete Psalter)

<p>Sunday, Week 2 Morning (<i>Lauds</i>): Psalms 95, 63, 118, 150 Evening (<i>Vespers</i>): Psalms 110, 111, 112, 113</p>	<p>Thursday, Week 2 Morning (<i>Lauds</i>): Psalms 100, 50, 64, 148 Midday : Psalms 40, 52, 53 Evening (<i>Vespers</i>): Psalms 62, 78:36-72 Night (<i>Compline</i>): Psalms 4, 91, 134</p>
<p>Monday, Week 2 Morning (<i>Lauds</i>): Psalms 24, 36, 41, 47, 146 Midday : Psalms 34, 39 Evening (<i>Vespers</i>): Psalms 60, 69 Night (<i>Compline</i>): Psalms 4, 91, 134</p>	<p>Friday, Week 2 Morning (<i>Lauds</i>): Psalms 122, 51, 65, 149 Midday : Psalms 54, 56, 58 Evening (<i>Vespers</i>): Psalms 79, 104:1-23, 104:24-35 Night (<i>Compline</i>): Psalms 4, 91, 134</p>
<p>Tuesday, Week 2 Morning (<i>Lauds</i>): Psalms 29, 31, 147:1-11 Midday : Psalms 35:1-16, 35:17-38 Evening (<i>Vespers</i>): Psalms 68, 74 Night (<i>Compline</i>): Psalms 4, 91, 134</p>	<p>Saturday, Week 3 Evening (<i>Vespers</i>): Psalms 46, 116, 138, 141</p>
<p>Wednesday, Week 2 Morning (<i>Lauds</i>): Psalms 67, 42, 43, 57, 147:12-20 Midday : Psalms 37 Evening (<i>Vespers</i>): Psalms 78:1-35, 83 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 church office or Pat Hanly.</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)