

PLEASE SAVE THESE – THEY ARE A 4-WEEK CYCLE

MPC Daily Prayer - Week 3

(Paraclete Psalter, week 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 3
Daily Psalms (*-Paraclete Psalter)

(Paraclete Psalter, week 3)

<p>Sunday, Week 3 Morning (<i>Lauds</i>): Psalms 95, 63, 118, 150 Evening (<i>Vespers</i>): Psalms 110, 111, 112, 113</p>	<p>Thursday, Week 3 Morning (<i>Lauds</i>): Psalms 100, 80, 86, 148 Midday : Psalms 119:105-136 Evening (<i>Vespers</i>): Psalms 105, 108 Night (<i>Compline</i>): ck wk1 Psalms 4, 91, 134</p>
<p>Monday, Week 3 Morning (<i>Lauds</i>): Psalms 24, 61, 71, 146 Midday : Psalms 119:1-40 Evening (<i>Vespers</i>): Psalms 87, 89, 61 Night (<i>Compline</i>): Psalms 4, 91, 134</p>	<p>Friday, Week 3 Morning (<i>Lauds</i>): Psalms 122, 51, 85, 149 Midday : Psalms 119:137-176 Evening (<i>Vespers</i>): Psalms 106 Night (<i>Compline</i>): Psalms 4, 91, 134 ck wk 1</p>
<p>Tuesday, Week 3 Morning (<i>Lauds</i>): Psalms 29, 66, 76, 147:1-11 Midday : Psalms 119:41-72 Evening (<i>Vespers</i>): Psalms 103, 109 Night (<i>Compline</i>): check wk 1 Psalms 4, 91, 134</p>	<p>Saturday, Week 3 Evening (<i>Vespers</i>): Psalms 46, 116, 138, 141</p>
<p>Wednesday, Week 3 Morning (<i>Lauds</i>): Psalms 67, 72, 81, 147:12-20 Midday : Psalms 119:73-104 Evening (<i>Vespers</i>): Psalms 78:1-35, 83 Night (<i>Compline</i>): check wk 1 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)