

PLEASE SAVE THESE – THEY ARE A 4-WEEK CYCLE

MPC Daily Prayer - Week 4

(Paraclete Psalter, p.249)

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 4*(Paraclete Psalter, p. 249)*

Daily Psalms (*-Paraclete Psalter)

<p>Sunday, Week 4 Morning (<i>Lauds</i>): Psalms 95, 63, 118, 150 Evening (<i>Vespers</i>): Psalms 110, 111, 112, 113</p>	<p>Thursday, Week 4 Morning (<i>Lauds</i>): Psalms 100, 98, 99, 101, 148, Midday : Psalms 126, 127, 128, 129, 130 Evening (<i>Vespers</i>): Psalms 139, 140, Night (<i>Compline</i>): Psalms 4, 91, 134</p>
<p>Monday, Week 4 Morning (<i>Lauds</i>): Psalms 24, 82, 84, 90, 146 Midday : Psalms 70, 73, Evening (<i>Vespers</i>): Psalms 107, 137, Night (<i>Compline</i>): Psalms 4, 91, 134</p>	<p>Friday, Week 4 Morning (<i>Lauds</i>): Psalms 122, 51, 143, 149 Midday : Psalms 131, 132, 133 Evening (<i>Vespers</i>): Psalms 142, 144, 145 Night (<i>Compline</i>): Psalms 4, 91, 134</p>
<p>Tuesday, Week 4 Morning (<i>Lauds</i>): Psalms 29, 93, 96, 97, 147:1-11 Midday : Psalms 75, 94, Evening (<i>Vespers</i>): Psalms 114, 116, 117 Night (<i>Compline</i>): Psalms 4, 91, 134</p>	<p>Saturday, Week 1 Evening (<i>Vespers</i>): Psalms 46, 116, 138, 141</p>
<p>Wednesday, Week 4 Morning (<i>Lauds</i>): Psalms 67, 88, 92, 147:12-20 Midday : Psalms 120, 121, 123 Evening (<i>Vespers</i>): Psalms 135, 136, 138 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)