

Read the Entire Book of Psalms During Great Lent 2024

The Book of Psalms (Psalter) has been called the “prayerbook of the Church.” In the Eastern Orthodox liturgical tradition, the Psalter is divided into 20 sections called *kathisma*; each *kathisma* is divided into three sections called *stasis*. In monasteries, all 150 Psalms are read each week during most of the year, and twice a week during the Great Fast.

MONDAY, MARCH 18, 2024	Psalms 1, 2, 3 Psalms 4, 5, 6	<i>Kathisma 1, Stasis 1</i> <i>Kathisma 1, Stasis 2</i>
TUESDAY, MARCH 19, 2024	Psalms 7, 8 Psalms 9, 10, 11	<i>Kathisma 1, Stasis 3</i> <i>Kathisma 2, Stasis 1</i>
WEDNESDAY, MARCH 20, 2024	Psalms 12, 13, 14 Psalms 15, 16, 17	<i>Kathisma 2, Stasis 2</i> <i>Kathisma 2, Stasis 3</i>
THURSDAY, MARCH 21, 2024	Psalms 18 Psalms 19, 20, 21	<i>Kathisma 3, Stasis 1</i> <i>Kathisma 3, Stasis 2</i>
FRIDAY, MARCH 22, 2024	Psalms 22, 23, 24 Psalms 25, 26, 27	<i>Kathisma 3, Stasis 3</i> <i>Kathisma 4, Stasis 1</i>
MONDAY, MARCH 25, 2024	Psalms 28, 29, 30 Psalms 31, 32	<i>Kathisma 4, Stasis 2</i> <i>Kathisma 4, Stasis 3</i>
TUESDAY, MARCH 26, 2024	Psalms 33, 34 Psalms 35, 36	<i>Kathisma 5, Stasis 1</i> <i>Kathisma 5, Stasis 2</i>
WEDNESDAY, MARCH 27, 2024	Psalms 37 Psalms 38, 39, 40	<i>Kathisma 5, Stasis 3</i> <i>Kathisma 6, Stasis 1</i>
THURSDAY, MARCH 28, 2024	Psalms 41, 42, 43 Psalms 44, 45, 46	<i>Kathisma 6, Stasis 2</i> <i>Kathisma 6, Stasis 3</i>
FRIDAY, MARCH 29, 2024	Psalms 47, 48, 49 Psalms 50, 51	<i>Kathisma 7, Stasis 1</i> <i>Kathisma 7, Stasis 2</i>
MONDAY, APRIL 1, 2024	Psalms 52, 53, 54, 55 Psalms 56, 57, 58	<i>Kathisma 7, Stasis 3</i> <i>Kathisma 8, Stasis 1</i>
TUESDAY, APRIL 2, 2024	Psalms 59, 60, 61 Psalms 62, 63, 64	<i>Kathisma 8, Stasis 2</i> <i>Kathisma 8, Stasis 3</i>
WEDNESDAY, APRIL 3, 2024	Psalms 65, 66, 67 Psalm 68	<i>Kathisma 9, Stasis 1</i> <i>Kathisma 9, Stasis 2</i>
THURSDAY, APRIL 4, 2024	Psalms 69, 70 Psalms 71, 72	<i>Kathisma 9, Stasis 3</i> <i>Kathisma 10, Stasis 1</i>
FRIDAY, APRIL 5, 2024	Psalms 73, 74 Psalms 75, 76, 77	<i>Kathisma 10, Stasis 2</i> <i>Kathisma 10, Stasis 3</i>

The following schedule of Psalms is designed for private devotional use. By reading two *stasis* on each Lenten weekday, you can read all 150 Psalms over the course of the six weeks of the Great Fast. The two sections of Psalms can either be read together, or one can be read in the morning and the other in the evening.

The Psalm numbers below correspond to the Hebrew-style (“Masoretic”) numbering used in most English Bibles, rather than the Septuagint (“LXX”) numbering. The column on the right side gives the *kathisma* and *stasis* numbers as found in Orthodox Psalters.

*How can you tell if your Bible uses the Hebrew numbering of the Psalms? Look up **Psalm 23**. If it begins “The Lord is my shepherd...” then it uses the Hebrew numbering.*

MONDAY, APRIL 8, 2024	Psalm 78 Psalms 79, 80, 81	<i>Kathisma 11, Stasis 1</i> <i>Kathisma 11, Stasis 2</i>
TUESDAY, APRIL 9, 2024	Psalms 82, 83, 84, 85 Psalms 86, 87, 88	<i>Kathisma 11, Stasis 3</i> <i>Kathisma 12, Stasis 1</i>
WEDNESDAY, APRIL 10, 2024	Psalm 89 Psalms 90, 91	<i>Kathisma 12, Stasis 2</i> <i>Kathisma 12, Stasis 3</i>
THURSDAY, APRIL 11, 2024	Psalms 92, 93, 94 Psalms 95, 96, 97	<i>Kathisma 13, Stasis 1</i> <i>Kathisma 13, Stasis 2</i>
FRIDAY, APRIL 12, 2024	Psalms 98, 99, 100, 101 Psalms 102, 103	<i>Kathisma 13, Stasis 3</i> <i>Kathisma 14, Stasis 1</i>
MONDAY, APRIL 15, 2024	Psalm 104 Psalm 105	<i>Kathisma 14, Stasis 2</i> <i>Kathisma 14, Stasis 3</i>
TUESDAY, APRIL 16, 2024	Psalm 106 Psalm 107	<i>Kathisma 15, Stasis 1</i> <i>Kathisma 15, Stasis 2</i>
WEDNESDAY, APRIL 17, 2024	Psalms 108, 109 Psalms 110, 111, 112	<i>Kathisma 15, Stasis 3</i> <i>Kathisma 16, Stasis 1</i>
THURSDAY, APRIL 18, 2024	Psalms 113, 114, 115, 116:1-9 Psalms 116:10-19, 117, 118	<i>Kathisma 16, Stasis 2</i> <i>Kathisma 16, Stasis 3</i>
FRIDAY, APRIL 19, 2024	Psalm 119:1-72 Psalm 119:73-131	<i>Kathisma 17, Stasis 1</i> <i>Kathisma 17, Stasis 2</i>
MONDAY, APRIL 22, 2024	Psalm 119:132-176 Psalms 120, 121, 122, 123, 124	<i>Kathisma 17, Stasis 3</i> <i>Kathisma 18, Stasis 1</i>
TUESDAY, APRIL 23, 2024	Psalms 125, 126, 127, 128, 129 Psalms 130, 131, 132, 133, 134	<i>Kathisma 18, Stasis 2</i> <i>Kathisma 18, Stasis 3</i>
WEDNESDAY, APRIL 24, 2024	Psalms 135, 136, 137 Psalms 138, 139, 140	<i>Kathisma 19, Stasis 1</i> <i>Kathisma 19, Stasis 2</i>
THURSDAY, APRIL 25, 2024	Psalms 141, 142, 143 Psalms 144, 145	<i>Kathisma 19, Stasis 3</i> <i>Kathisma 20, Stasis 1</i>
FRIDAY, APRIL 26, 2024	Psalms 146, 147 Psalms 148, 149, 150	<i>Kathisma 20, Stasis 2</i> <i>Kathisma 20, Stasis 3</i>