



# Pilgrimage Through The Psalms

LXX/ Septuagint	Week 1*	Week 2*	Week 3*	Week 4*	Week 5*	Week 6*	Week 7**	Week 8**	Unit 9**
	Stasis 1	Stasis 2	Stasis 3	Stasis 1	Stasis 2	Stasis 3	Stasis 1	Stasis 2	Stasis 3
<b>Sunday</b>	9-10 Kathisma 2	11-13 Kathisma 2	14-16 Kathisma 2	17 Kathisma 3	18-20 Kathisma 3	21-23 Kathisma 3			
<b>Monday</b>	24-26 Kathisma 4	27-29 Kathisma 4	30-31 Kathisma 4	32-33 Kathisma 5	34-35 Kathisma 5	36 Kathisma 5	37-39 Kathisma 6	40-42 Kathisma 6	43-45 Kathisma 6
<b>Tuesday</b>	46-48 Kathisma 7	49-50 Kathisma 7	51-54 Kathisma 7	55-57 Kathisma 8	58-60 Kathisma 8	61-63 Kathisma 8	64-66 Kathisma 9	67 Kathisma 9	68-69 Kathisma 9
<b>Wednesday</b>	70-71 Kathisma 10	72-73 Kathisma 10	74-76 Kathisma 10	77 Kathisma 11	78-80 Kathisma 11	81-84 Kathisma 11	85-87 Kathisma 12	88 Kathisma 12	89-90 Kathisma 12
<b>Thursday</b>	91-93 Kathisma 13	94-96 Kathisma 13	97-100 Kathisma 13	101-102 Kathisma 14	103 Kathisma 14	104 Kathisma 14	105 Kathisma 15	106 Kathisma 15	107-108 Kathisma 15
<b>Friday</b>	134-136 Kathisma 19	137-139 Kathisma 19	140-142 Kathisma 19	143-144 Kathisma 20	145-147 Kathisma 20	148-150 Kathisma 20	119-123 Kathisma 18	125-128 Kathisma 18	129-133 Kathisma 18
<b>Saturday</b>	109-11 Kathisma 16	112-114 Kathisma 16	115-117 Kathisma 16	118:1-72 Kathisma 17	118:73-131 Kathisma 17	118:132-176 Kathisma 17	1-3 Kathisma 1	4-6 Kathisma 1	7-8 Kathisma 1

\*Liturgically at Matins/Orthros.

\*\*Liturgically at Vespers.

Note: If you wish to pray the full cycle of the Psalms as done in monasteries then read all of the "weeks" (1-6 for Morning, 7-9 for evening) for the given day.



# Pilgrimage Through The Psalms

Hebrew/ Masoretic	Week 1*	Week 2*	Week 3*	Week 4*	Week 5*	Week 6*	Week 7**	Week 8**	Unit 9**
	Stasis 1	Stasis 2	Stasis 3	Stasis 1	Stasis 2	Stasis 3	Stasis 1	Stasis 2	Stasis 3
<b>Sunday</b>	9-11	12-14	15-17	18	19-21	22-24			
<b>Monday</b>	25-27	28-30	31-32	33-34	35-36	37	38-40	41-43	44-46
<b>Tuesday</b>	47-49	50-51	52-55	56-58	59-61	62-64	65-67	68	69-70
<b>Wednesday</b>	71-72	73-74	75-77	78	79-81	82-85	86-88	89	90-91
<b>Thursday</b>	92-94	95-97	98-101	102-103	104	105	106	107	108-109
<b>Friday</b>	135-137	138-140	141-143	144-145	146-147	148-150	120-124	125-129	130-134
<b>Saturday</b>	110-112	113-116:9	116:10-118	119:1-72	119:73-131	119:132-176	1-3	4-6	7-8

\*Liturgically at Matins/Orthros.

\*\*Liturgically at Vespers.

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