

Daily Psalms*I have set the Lord always before me. 16:8**My soul is consumed with longing for your rules at all times. 119:20 Seven times a day I praise you 119:164**To declare your steadfast love in the morning, and your faithfulness by night 92:2***Middle of the Night***O Lord, open my lips, and my mouth will declare your praise. 51:15**In the day of my trouble I seek the Lord; in the night my hand is stretched out . . . you hold my eyelids open. 77:2-3**You have tried my heart, you have visited me by night. 17:3 At midnight I rise to praise you. 119:62**My eyes are awake before the watches of the night, that I may meditate on your promise. 119:148*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
95	96	97	98	99	93	47
1-3	37	49	78	38	88	33
119:1-8	73	82	119:73-80	25	35	105
16	119:25-32	102	77	31	59	119:145-152
18	40	119:49-56	39	119:97-104	119:121-128	107
119:9-16	50	42-43	94	103	89	34
	71	68	119:81-88	106	119:129-136	119:153-160
	119:33-40	119:57-64		119:105-112		

Sunrise*I lie down, I sleep, and I wake for the Lord upholds me. 3:6 I will awake the dawn! 57:8**O God, you are my God; early will I seek you. 63:1**I rise before dawn and cry for help; I hope in your words. 119:147*

24	29	67	46	80-81	100	8
63	5	57	64-65	108	51	90
118	36	101	147:1-11	147:12-20	143	92
150	48	146			148	149

Mid-morning*Make haste, O God, to deliver me! O Lord, make haste to help me! 70:2**Let me hear in the morning of your steadfast love, for in you I trust. 143:8**O Lord, in the morning you hear my voice; in the morning I prepare a sacrifice for you and you watch. 5:3*

66	9	20	14	32	13	19
30	10	21	17	53	22	45
	15	61	52	79		87

Noon*Evening and morning and at noon I utter my complaint and moan, and he hears my voice. 55:17**His delight is in the law of the Lord, and in his law he meditates day and night. 1:2*

23, 76, 28	120-122	123-125	126-128	129-131	54-55	132-133
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Afternoon*For you I wait all day long. 25:5 Oh, taste and see that the LORD is good! 34:8*

84	6	12	56	44	74	119:161-168
145	7	26	70	41	60	85
	11	86	75			72

Evening*I keep the Lord always before me...At night he directs my heart. 16:7,8**O my God, I cry in the daytime... in the night season also. 22:2**By day the LORD commands his steadfast love, and at night his song is with me. 42:8*

110-113	114-117	135-137	138-140	141-142	62	27
119:17-24	119:41-48	119:65-72	119:89-96	144	69	104
				119:113-120	119:137-144	119:169-176

Bedtime*Psalms 4, 91 and 134**Keep me as the apple of your eye; hide me in the shadow of your wings. 17:8**I remember your name in the night, O Lord, and keep your law. 119:55**Let the godly exult in glory; let them sing for joy on their beds. 149:5*