

Read the Entire Book of Psalms During Great Lent 2023

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, FEBRUARY 27, 2023	Psalms 1, 2, 3 Psalms 4, 5, 6	<i>Kathisma 1, Stasis 1</i> <i>Kathisma 1, Stasis 2</i>
TUESDAY, FEBRUARY 28, 2023	Psalms 7, 8 Psalms 9, 10, 11	<i>Kathisma 1, Stasis 3</i> <i>Kathisma 2, Stasis 1</i>
WEDNESDAY, MARCH 1, 2023	Psalms 12, 13, 14 Psalms 15, 16, 17	<i>Kathisma 2, Stasis 2</i> <i>Kathisma 2, Stasis 3</i>
THURSDAY, MARCH 2, 2023	Psalms 18 Psalms 19, 20, 21	<i>Kathisma 3, Stasis 1</i> <i>Kathisma 3, Stasis 2</i>
FRIDAY, MARCH 3, 2023	Psalms 22, 23, 24 Psalms 25, 26, 27	<i>Kathisma 3, Stasis 3</i> <i>Kathisma 4, Stasis 1</i>
MONDAY, MARCH 6, 2023	Psalms 28, 29, 30 Psalms 31, 32	<i>Kathisma 4, Stasis 2</i> <i>Kathisma 4, Stasis 3</i>
TUESDAY, MARCH 7, 2023	Psalms 33, 34 Psalms 35, 36	<i>Kathisma 5, Stasis 1</i> <i>Kathisma 5, Stasis 2</i>
WEDNESDAY, MARCH 8, 2023	Psalms 37 Psalms 38, 39, 40	<i>Kathisma 5, Stasis 3</i> <i>Kathisma 6, Stasis 1</i>
THURSDAY, MARCH 9, 2023	Psalms 41, 42, 43 Psalms 44, 45, 46	<i>Kathisma 6, Stasis 2</i> <i>Kathisma 6, Stasis 3</i>
FRIDAY, MARCH 10, 2023	Psalms 47, 48, 49 Psalms 50, 51	<i>Kathisma 7, Stasis 1</i> <i>Kathisma 7, Stasis 2</i>
MONDAY, MARCH 13, 2023	Psalms 52, 53, 54, 55 Psalms 56, 57, 58	<i>Kathisma 7, Stasis 3</i> <i>Kathisma 8, Stasis 1</i>
TUESDAY, MARCH 14, 2023	Psalms 59, 60, 61 Psalms 62, 63, 64	<i>Kathisma 8, Stasis 2</i> <i>Kathisma 8, Stasis 3</i>
WEDNESDAY, MARCH 15, 2023	Psalms 65, 66, 67 Psalms 68	<i>Kathisma 9, Stasis 1</i> <i>Kathisma 9, Stasis 2</i>
THURSDAY, MARCH 16, 2023	Psalms 69, 70 Psalms 71, 72	<i>Kathisma 9, Stasis 3</i> <i>Kathisma 10, Stasis 1</i>
FRIDAY, MARCH 17, 2023	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, one 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 Bibles. 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, MARCH 20, 2023	Psalms 78 Psalms 79, 80, 81	<i>Kathisma 11, Stasis 1</i> <i>Kathisma 11, Stasis 2</i>
TUESDAY, MARCH 21, 2023	Psalms 82, 83, 84, 85 Psalms 86, 87, 88	<i>Kathisma 11, Stasis 3</i> <i>Kathisma 12, Stasis 1</i>
WEDNESDAY, MARCH 22, 2023	Psalms 89 Psalms 90, 91	<i>Kathisma 12, Stasis 2</i> <i>Kathisma 12, Stasis 3</i>
THURSDAY, MARCH 23, 2023	Psalms 92, 93, 94 Psalms 95, 96, 97	<i>Kathisma 13, Stasis 1</i> <i>Kathisma 13, Stasis 2</i>
FRIDAY, MARCH 24, 2023	Psalms 98, 99, 100, 101 Psalms 102, 103	<i>Kathisma 13, Stasis 3</i> <i>Kathisma 14, Stasis 1</i>
MONDAY, MARCH 27, 2023	Psalms 104 Psalms 105	<i>Kathisma 14, Stasis 2</i> <i>Kathisma 14, Stasis 3</i>
TUESDAY, MARCH 28, 2023	Psalms 106 Psalms 107	<i>Kathisma 15, Stasis 1</i> <i>Kathisma 15, Stasis 2</i>
WEDNESDAY, MARCH 29, 2023	Psalms 108, 109 Psalms 110, 111, 112	<i>Kathisma 15, Stasis 3</i> <i>Kathisma 16, Stasis 1</i>
THURSDAY, MARCH 30, 2023	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, MARCH 31, 2023	Psalms 119:1-72 Psalms 119:73-131	<i>Kathisma 17, Stasis 1</i> <i>Kathisma 17, Stasis 2</i>
MONDAY, APRIL 3, 2023	Psalms 119:132-176 Psalms 120, 121, 122, 123, 124	<i>Kathisma 17, Stasis 3</i> <i>Kathisma 18, Stasis 1</i>
TUESDAY, APRIL 4, 2023	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 5, 2023	Psalms 135, 136, 137 Psalms 138, 139, 140	<i>Kathisma 19, Stasis 1</i> <i>Kathisma 19, Stasis 2</i>
THURSDAY, APRIL 6, 2023	Psalms 141, 142, 143 Psalms 144, 145	<i>Kathisma 19, Stasis 3</i> <i>Kathisma 20, Stasis 1</i>
FRIDAY, APRIL 7, 2023	Psalms 146, 147 Psalms 148, 149, 150	<i>Kathisma 20, Stasis 2</i> <i>Kathisma 20, Stasis 3</i>