Divine Office Weekly Prayer

The Divine Office is a structured routine of prayer and contemplation. The chart below lists which Psalms are to be prayed, covering all 150 Psalms in one week using the standard eight times of prayer.

Matins: midnight	Lauds: 3am	Prime: 6am	Terce: 9am
Sext: noon	None: 3pm	Vespers: 6pm	Compline: 9pm

DAILY INVITATORY: 94 [Every day, at some regular time, traditionally with Matins

SUNDAY
Matins: 1, 2, 3, 8, 9, 10
Lauds: 92, 99, 62, 148
Prime: 117, 119: 1-8
Terce: 119:9-32
Sext: 119:33-56
None: 119:57-80
Vespers: 109, 110, 111, 112, 113
Compline: 4, 90, 133

MONDAY
Matins: 13, 14, 16, 17, 19, 20, 29
Lauds: 46, 5, 28, 116
Prime: 23, 18
Terce: 26, 27
Sext: 30
None: 31, 32.
Vespers: 114, 115, 118, 120, 121
Compline: 6, 7

TUESDAY
Matins: 34, 36, 37, 38
Lauds: 95, 42, 66, 134
Prime: 24
Terce: 39
Sext: 40, 41
None: 43
Vespers: 122, 123, 124, 125, 126
Compline: 11, 12, 15

WEDNESDAY
Matins: 44, 45, 47, 48, 49, 50
Lauds: 96, 64, 100, 145
Prime: 25, 51, 52
Terce: 53, 54
Sext: 55, 56, 57
None: 58, 59
Vespers:127, 128, 129, 130
Compline: 33, 60, 131

THURSDAY
Matins: 61, 65, 67, 68
Lauds: 97, 89, 35, 146
Prime: 22, 71
Terce: 72
Sext: 73
None: 74, 75
Vespers: 132, 135, 136, 137
Compline: 69, 70

FRIDAY
Matins: 77, 78, 80, 82
Lauds: 98, 142, 84, 147
Prime: 21
Terce: 79, 81
Sext: 83, 86
None: 88
Vespers: 138, 139, 140, 141
Compline: 76, 85

SATURDAY
Matins: 104, 105, 106
Lauds: 149, 91, 63, 150
Prime: 93, 107.
Terce: 101
Sext: 103
None: 108
Vespers: 143, 144
Compline: 87, 102