

APPENDIX

DISTRIBUTION OF PSALMS AND CANTICLES IN THE FOUR-WEEK PSALTER OF THE *LITURGY OF THE HOURS*

The Church's *Liturgy of the Hours* contains various kinds of material, including hymns, antiphons, intercessions, orations, and longer readings from Scripture and from ecclesiastical writers. But in a certain sense, the Psalms and Biblical canticles form the heart of this official prayer of the Church. The following tables indicate the way the *Liturgy of the Hours* distributes the Psalms and canticles over a four-week period for prayer at the various Hours of each day.

Note also that the Gospel Canticles, found on pages 348–350, are used each day in Morning Prayer (the *Benedictus*), Evening Prayer (the *Magnificat*), and Night Prayer (the *Nunc dimittis*). Additional notes regarding Daytime Prayer and Night Prayer are found at the end of this Appendix.

Week I

Sunday

Evening Prayer I

Psalm 141 [140]:1-9 261

Psalm 142 [141] 262

Philippians 2:6-11 352

Office of Readings

Psalm 1..... 3

Psalm 2..... 4

Psalm 3..... 5

Morning Prayer

Psalm 63 [62]:2-9 112

Daniel 3:57-88, 56 341

Psalm 149 274

Daytime Prayer

Psalm 118 [117]:1-9 220

Psalm 118 [117]:10-18..... 220

Psalm 118 [117]:19-29..... 221

Evening Prayer II

Psalm 110 [109]:1-5, 7 210

Psalm 114 [113A]..... 214

Cf. Revelation 19:1-2, 5-7..... 359

Lent: 1Peter 2:21-24 355

Monday

Office of Readings

Psalm 6..... 9

Psalm 9 (9A):2-1113

Psalm 9 (9A):12-21.....13

Morning Prayer

Psalm 5:2-10, 12-13..... 7

1 Chronicles 29:10-13..... 290

Psalm 29 [28].....46

Daytime Prayer

Psalm 19 [18]:8-15.....29

Psalm 7:2-10.....10

Psalm 7:11-1811

Evening Prayer

Psalm 11 [10].....17

Psalm 15 [14].....21

Ephesians 1:3-10 351

Tuesday

Office of Readings

Psalm 10 [9B]:1-11.....15

Psalm 10 [9B]:12-1816

Psalm 12 [11].....18

Morning Prayer

Psalm 24 [23].....38

Tobit 13:1b-8 291

Psalm 33 [32].....53

Daytime Prayer

Psalm 119 [118]:1-8 223

Psalm 13 [12].....19

Psalm 14 [13].....20

Evening Prayer

Psalm 20 [19].....31

Psalm 21 [20]:2-8, 1432

Revelation 4:11; 5:9b-10, 12b 356

Wednesday

Office of Readings

Psalm 18 [17]:2-725

Psalm 18 [17]:8-20.....25

Psalm 18 [17]:21-3026