

The Daily Psalms For Morning and Evening Prayer

DAY	MORNING	EVENING	DAY	MORNING	EVENING
1	1-5	6-8	16	79-81	82-85
2	9-11	12-14	17	86-88	89
3	15-17	18	18	90-92	93-94
4	19-21	22-23	19	95-97	98-101
5	24-26	27-29	20	102-103	104
6	30-31	32-34	21	105	106
7	35-36	37	22	107	108-109
8	38-40	41-43	23	110-113	114-115
9	44-46	47-49	24	116-118	119:1-32
10	50-52	53-55	25	119:33-72	119:73-104
11	56-58	59-61	26	119:105-144	119:145-176
12	62-64	65-67	27	120-125	126-131
13	68	69-70	28	132-135	136-138
14	71-72	73-74	29	139-140	141-143
15	75-77	78	30	144-146	147-150

If you find this schedule is too much, then simply read one or two Psalms each day.

Bible Reading

Below are two plans to follow. You could read a chapter at a time. Or set aside 10 minutes (say) and just read, then next time pick up where you stopped.

Gospels	The Central Story of the Bible
Read a chapter of a gospel each day. If you wish, after each gospel read Acts or an Epistle. Then go back to a different gospel.	Read the following: Genesis, Exodus, Numbers 9-24 Deuteronomy, Joshua, Judges, Ruth 1 & 2 Samuel, 1 & 2 Kings Ezra, Nehemiah, Esther, Malachi Luke, Acts, Revelation

As you read, ask "What am I being shown about the LORD / Jesus?"
And "How should I change, and what should I believe?"

Daily Prayer

For use at home.

There is always help through Jesus.

It doesn't matter if we are tired, happy, depressed or joyful. Jesus, our Great High Priest, know us. He represents us before our Heavenly Father with the right feelings and attitudes.

He gives us words to pray. Use these words: we have the Lord's own prayer. We remember glorious gospel truth. We join company with the global church, angels and archangels, even creation itself when we pray and worship the Living God.

For 2000 years Christians have turned to the Psalms each day to pray. All of life is covered. All of God's truth is turned to prayer. When we read the Psalms we share in Jesus' own prayer life.

In daily prayer we stand in God's strength, even if we are weak. We remember what our Saviour has done, who he has made us to be, and the hope found in his promises.

Remember:

We are Chosen and Redeemed,
to be Holy Disciples, Joyful Family, and Servant Missionaries.

The Lord's Prayer

Our Father in heaven,
hallowed be your name.
Your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those
who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power
and the glory are yours,
now and forever.
Amen.

or

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those
who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever.
Amen.

The Truth

I believe in God, the Father
almighty,
creator of heaven and earth.

I believe in Jesus Christ,
God's only Son, our Lord,
who was conceived by the Holy
Spirit,
born of the virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead.
On the third day he rose again;
he ascended to heaven,
he is seated at the
right hand of the Father,
and he will come to judge
the living and the dead.

I believe in the Holy Spirit,
the holy catholic church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting.
Amen.

Te Deum – All Creation Worships

We praise you, O God,
we acclaim you as the Lord;
all creation worships you,
the Father everlasting.

To you all angels,
all the powers of heaven,
the cherubim and seraphim,
sing in endless praise:

Holy, holy, holy Lord,
God of power and might,
heaven and earth
are full of your glory.

The glorious company of apostles
praise you.

The noble fellowship of prophets
praise you.

The white-robed army of martyrs
praise you.

Throughout the world
the holy Church acclaim you:
Father, of majesty unbounded,
your true and only Son,
worthy of all praise,
the Holy Spirit,
advocate and guide.

You, Christ, are the King of glory,
the eternal Son of the Father.

When you took our flesh
to set us free
you humbly chose
the Virgin's womb.
You overcame the sting of death
and opened the kingdom of
heaven to all believers.
You are seated
at God's right hand in glory.

We believe that you will come
and be our judge.
Come then, Lord,
and help your people,
bought with the price
of your own blood,
and bring us with your saints
to glory everlasting.

Save your people, Lord,
and bless your inheritance.
Govern and uphold them
now and always.

Day by day we bless you.
We praise your name for ever.

Keep us today, Lord, from all sin.
Have mercy on us, Lord, have mercy.
Lord, show us your love and mercy,
for we have put our trust in you.

In you, Lord, is our hope:
let us never be put to shame.

Daily Psalms (found on back page)