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| **Day** | Morning Prayer | Evening Prayer | **Day** | Morning Prayer | Evening Prayer |
| **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 |