

## The Psalter is the Book of Psalms, divided into 20 Kathismata

"Kathismata" is plural for "kathisma," which means "sitting." With these divisions, you can read through the Book of Psalms in twenty sittings. We'll be praying the Psalms daily, from November 15 (*the first day of the Nativity Fast*) to December 24.

Beginning on November 15, the first day of the fast, each group member will start by praying one kathisma. We will each start with a different Kathisma:

- Day 1– Psalms 1-8 (Kathisma 1)
- Day 2– Psalms 9-16 (Kathisma 2)
- Day 3– Psalms 17-23 (Kathisma 3)
- Day 4–Psalms 24-31 (Kathisma 4)
- Day 5– Psalms 32-36 (Kathisma 5)
- Day 6– Psalms 37-45 (Kathisma 6)
- Day 7– Psalms 46-54 (Kathisma 7)
- Day 8– Psalms 55-63 (Kathisma 8)
- Day 9– Psalms 64-69 (Kathisma 9)
- Day 10– Psalms 70-76 (Kathisma 10)
- Day 11– Psalms 77-84 (Kathisma 11)
- Day 12– Psalms 85-90 (Kathisma 12)
- Day 13– Psalms 91-100 (Kathisma 13)
- Day 14– Psalms 101-104 (Kathisma 14)
- Day 15– Psalms 105-108 (Kathisma 15)
- Day 16– Psalms 109-117 (Kathisma 16)
- Day 17– Psalms 118 (Kathisma 17)
- Day 18– Psalms 119-133 (Kathisma 18)
- Day 19– Psalms 134-142 (Kathisma 19)
- Day 20– Psalms 143-150/151 (Kathisma 20)

If you are number 1 in the group, on Day 1, you will begin by reading Kathisma 1. On Day 2, you will read Kathisma 2, Day 3, Kathisma 3, and so on. Once you have read through all 20 Kathismata, you will begin again and repeat by reading Kathisma 1 and so on.

If you are number 2 in the group, on Day 1, you will begin by reading Kathisma 2. Then, on Day 2, you will read Kathisma 3, Day 3, Kathisma 4, and so on.

If you are number 18 in the group, on Day 1, you will begin by reading Kathisma 18. Then, on Day 2, you will read Kathisma 19, Day 3, Kathisma 20. Then, on Day 4, you will read Kathisma 1 and so on.

With twenty people each reading one Kathisma per day, the Psalter is being read in its entirety every day of Lent. Thus, on the twenty-first day, we each begin again where we started, individually reading the entire Psalter a total of twice during the forty days.

Each Kathisma takes approximately fifteen to twenty minutes to read. Each of us will pray our Kathisma individually anytime during the day or night and anywhere we are able.

Although a Psalter is a volume containing the book of Psalms divided into Kathismata, you do not need to purchase a psalter to participate - use a Bible and the Kathismata reference from above. However, if you would like to buy a Psalter book, please stop by the Resource Center to browse the various Psalter books we have available or if you would like us to order one for you.

## How to Pray the Psalter

*Begin with the Trisagion prayers:*

***In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.***

***Glory to You, O Lord, glory to You!***

***O Heavenly King, O Comforter, the Spirit of Truth, Who are in all places and fill all things, the Treasury of good things and the Giver of life: Come and abide in us, cleanse us from every stain, and save our souls, O Good One.***

***Holy God, Holy Mighty, Holy Immortal, have mercy on us (three times).***

***Glory to the Father, and the Son, and the Holy Spirit, now and ever, and unto ages of ages. Amen.***

***O Most Holy Trinity, have mercy on us. O Lord, cleanse us from our sins. O Master, pardon our transgressions. O Holy One, visit and heal our infirmities for Your Name's sake.***

***Lord, have mercy. (three times)***

***Glory to the Father, and to the Son and the Holy Spirit, now and ever, and unto ages of ages. Amen.***

***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, and the power and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto ages of ages. Amen.***

Then read your Kathisma.

Complete your prayer by praying "Lord, have mercy" for each Psalter Group member individually by name.