

Verwendung der Psalmen im  
Stundengebet

– 4-Wochen-Psalter –

1	1-So-LH
2	1-So-LH
3	1-So-LH
4	0-So-K1
5	<b>2-10.12-13:</b> 1-Mo-La
6	1-Mo-LH
7	1-Mo-Mi
8	2u4-Sa-La
9	1-Mo-LH
10	1-Di-LH
11	1-Mo-Ve
12	1-Di-LH
13	1-Di-Mi
14	1-Di-Mi
15	1-Mo-Ve
16	2-So-V1; 0-Do-K
17	1-Mi-Mi
18	<b>2-30:</b> 1-Mi-LH <b>31-51:</b> 1-Do-LH
19	<b>2-7:</b> 2-Mo-La <b>8-15:</b> 1-Mo-Mi
20	1-Di-Ve
21	<b>2-8.14:</b> 1-Di-Ve
22	3-Fr-Mi
23	2u4-So-Mi
24	1-Di-La; 4-So-LH; (Inv)
25	1-Do-Mi
26	1-Fr-Mi
27	1-Mi-Ve
28	<b>1-3.6-9:</b> 1-Fr-Mi
29	1-Mo-La
30	1-Do-Ve
31	<b>2-6:</b> 0-Mi-K <b>2-17.20-25:</b> 2-Mo-LH
32	1-Do-Ve

33	1-Di-La
34	1u3-Sa-Mi
35	~ 1-Fr-LH
36	1-Mi-La
37	2-Di-LH
38	2-Fr-LH
39	2-Mi-LH
40	<b>2-14.17-18:</b> 2-Mo-Mi
41	1-Fr-Ve
42	2-Mo-La
43	2-Di-La
44	2-Do-LH; 4-Do-LH
45	2-Mo-Ve; 4-Sa-Mi
46	1-Fr-Ve
47	1-Mi-La
48	1-Do-La
49	2-Di-Ve
50	3-Mo-LH
51	1u2u3u4-Fr-La
52	2-Mi-LH
53	2-Di-Mi
54	<b>3-6.8-9:</b> 2-Di-Mi
55	2-Mi-Mi
56	<b>2-7.9-14:</b> 2-Do-Mi
57	1-Do-La; 2-Do-Mi
58	
59	<b>2-5.10-11.17-18:</b> 2-Fr-Mi
60	2-Fr-Mi
61	2-Sa-Mi
62	2-Mi-Ve
63	<b>2-9:</b> 1-So-La
64	2-Sa-Mi
65	2-Di-La
66	4-So-LH
67	2-Mi-Ve; 3-Di-La; (Inv)
68	3-Di-LH
69	<b>2-22.30-37:</b> 3-Fr-LH
70	3-Mi-Mi
71	3-Mo-Mi
72	2-Do-Ve

73	4-Mo-LH
74	3-Di-Mi
75	3-Mi-Mi
76	2u4-So-Mi
77	2-Mi-La
78	<b>1-39:</b> 4-Fr-LH <b>40-72:</b> 4-Sa-LH
79	<b>1-5.8-11.13:</b> 3-Do-Mi
80	2-Do-La; 3-Do-Mi
81	2-Do-La
82	4-Mo-Mi
83	
84	3-Mo-La
85	3-Di-La
86	3-Mi-La; 0-Mo-K
87	3-Do-La
88	4-Di-Mi; 0-Fr-K
89	<b>2-38:</b> 3-Mi-LH <b>39-53:</b> 3-Do-LH
90	3-Do-LH; 4-Mo-La
91	0-So-K2
92	2u4-Sa-La
93	3-So-La
94	4-Mi-Mi
95	<i>Invitatorium</i>
96	3-Mo-La
97	2-Mi-La
98	3-Mi-La
99	3-Do-La
100	1u3-Fr-La; (Inv)
101	4-Di-La
102	4-Di-LH
103	4-Mi-LH
104	2-So-LH
105	1-Sa-LH
106	2-Sa-LH
107	3-Sa-LH
108	4-Mi-La
109	
110	<b>1-5.7:</b> 1u2u3u4-So-V2

111	3-So-V2
112	4-So-V2
113	3-So-V1
114	1-So-V2
115	2-So-V2
116	<b>1-9:</b> 2-Fr-Ve <b>10-19:</b> 3-So-V1
117	1u3-Sa-La
118	1u3-So-Mi; 2u4-So-La
119	<b>Alef:</b> 1-Di-Mi <b>Bet:</b> 1-Mi-Mi <b>Gimel:</b> 1-Do-Mi <b>Dalet:</b> 1-Fr-Mi <b>He:</b> 1-Sa-Mi <b>Waw:</b> 2-Mo-Mi <b>Sajin:</b> 2-Di-Mi <b>Chet:</b> 2-Mi-Mi <b>Tet:</b> 2-Do-Mi <b>Jod:</b> 2-Fr-Mi <b>Kaf:</b> 2-Sa-Mi <b>Lamed:</b> 3-Mo-Mi <b>Nun:</b> 2-So-V1; 3-Mi-Mi <b>Samech:</b> 3-Do-Mi <b>Ajin:</b> 3-Sa-Mi <b>Pe:</b> 4-Mo-Mi <b>Sade:</b> 4-Di-Mi <b>Qof:</b> 1u3-Sa-La; 4-Mi-Mi <b>Resch:</b> 4-Do-Mi <b>Schin:</b> 4-Fr-Mi <b>Taw:</b> 4-Sa-Mi
120	4-Mo-Mi; ERG
121	2-Fr-Ve; ERG
122	4-So-V1; ERG
123	3-Mo-Ve; ERG
124	3-Mo-Ve; ERG
125	3-Di-Ve; ERG
126	3-Mi-Ve; ERG
127	3-Mi-Ve; ERG
128	4-Do-Mi; ERG

129	4-Do-Mi
130	4-So-V1; 0-Mi-K
131	3-Di-Ve
132	3-Do-Ve
133	4-Fr-Mi
134	0-So-K1
135	<b>ganz:</b> 3-Fr-Ve <b>1-12:</b> 4-Mo-La
136	4-Mo-Ve
137	<b>1-6:</b> 4-Di-Ve
138	4-Di-Ve
139	<b>1-18.23-24:</b> 4-Mi-Ve
140	<b>2-9.13-14:</b> 4-Fr-Mi
141	<b>1-9:</b> 1-So-V1
142	1-So-V1
143	1-11: 4-Do-La; 0-Di-K
144	<b>ganz:</b> 4-Do-Ve <b>1-10b:</b> 4-Di-La
145	3-So-LH; 4-Fr-Ve
146	4-Mi-La
147	<b>1-11:</b> 4-Do-La <b>12-20:</b> 2u4-Fr-La
148	3-So-La
149	1-So-La
150	2u4-So-La

**Erläuterungen:**  
*Angegeben sind jeweils Woche (1-4), Wochentag und Hore, sowie ggf. Psalmabschnitte.*

0: jede Woche (Komplet)  
 ERG: Ergänzungspsalmodie  
 Inv: Invitatorium  
 K: Komplet  
 La: Laudes  
 LH: Lesehore  
 Mi: Mittlere Hore (kl. Hore)  
 Ve: Vesper