

Daily Office

2023

In keeping with the rest of the members of the Eucharistic Church, we recommend that you read a chapter of Proverbs every morning to coincide with the date of the day.

That is, on the first day of the month read Proverbs Chapter 1; on the second day read Chapter 2; and so on.

**In the evening read 5 chapters of Psalms;
on first day of the month, read Psalms 1-5;
on the second day read 6-10;
on the third day 11-15.**

The date of the month multiplied by 5 is the Psalm that you should end with for that day; e.g. on the 29th of the month you should read Ps 96-100.

What? Could you not watch one hour with Me?

(Mt 26:40)

January 2023

Date Readings Daily Verses Cumulative Book Total

Sunday	1	Gn	1-4	106	106	
Monday	2		5-8	99	205	
Tuesday	3		9-12	113	318	
Wednesday	4		13-17	106	424	
Thursday	5		18-21	123	547	
Friday	6		22-24	111	658	
Saturday	7		25-27	115	773	
Sunday	8		28-30	100	873	
Monday	9		31-33	107	980	
Tuesday	10		34-36	103	1,083	
Wednesday	11		37-40	112	1,195	
Thursday	12		41-42	95	1,290	
Friday	13		43-46	130	1,420	
Saturday	14		47-50	110	1,530	1,530
Sunday	15	Ex	1-4	100	100	
Monday	16		5-8	110	210	
Tuesday	17		9-12	125	335	
Wednesday	18		13-16	116	451	
Thursday	19		17-20	94	545	
Friday	20		21-23	100	645	
Saturday	21		24-27	116	761	
Sunday	22		28-30	127	888	
Monday	23		31-34	111	999	
Tuesday	24		35-37	102	1,101	
Wednesday	25		38-40	110	1,211	1,211
Thursday	26	Lv	1-5	104	104	
Friday	27		6-8	104	208	
Saturday	28		9-12	99	307	
Sunday	29		13-14	116	423	
Monday	30		15-17	83	506	
Tuesday	31		18-21	118	624	624
Monthly Total						3,365

February 2023

	Date	Readings	Daily Verses	Cumulative	Book Total	
Wednesday	1	Lv	22-24	100	724	(624) 858
Thursday	2		25-27	134	858	
Friday	3	Nu	1-2	88	88	
Saturday	4		3-4	100	188	
Sunday	5		5-7	147	335	
Monday	6		8-11	119	454	
Tuesday	7		12-14	94	548	
Wednesday	8		15-17	104	652	
Thursday	9		18-21	119	771	
Friday	10		22-24	96	867	
Saturday	11		25-27	106	973	
Sunday	12		28-30	87	1,060	
Monday	13		31-32	96	1,156	
Tuesday	14		33-36	132	1,288	1,288
Wednesday	15	Dt	1-3	112	112	
Thursday	16		4-6	107	219	
Friday	17		7-10	97	316	
Saturday	18		11-14	111	427	
Sunday	19		15-19	108	535	
Monday	20		20-23	98	633	
Tuesday	21		24-27	86	719	
Ash Wed	22		28-30	117	836	
Thursday	23		31-34	123	959	959
Friday	24	Jos	1-5	100	100	
Saturday	25		6-9	115	215	
Sunday	26		10-12	90	305	
Monday	27		13-15	111	416	
Tuesday	28		16-21	159	575	575
Monthly Total						3,056

March 2023

	Date	Readings	Daily Verses	Cumulative	Book Total
Wednesday	1	Jos 22-24	83	658	(575) 658
Thursday	2	Jg 1-4	114	114	
Friday	3	5-7	97	211	
Saturday	4	8-10	110	321	
Sunday	5	11-14	100	421	
Monday	6	15-18	95	516	
Tuesday	7	19-21	102	618	618
Wednesday	8	Ru 1-4	85	85	85
Thursday	9	1S 1-4	107	107	
Friday	10	5-9	99	206	
Saturday	11	10-13	90	296	
Sunday	12	14-16	110	406	
Monday	13	17-19	112	518	
Tuesday	14	20-23	109	627	
Wednesday	15	24-26	92	719	
Thursday	16	27-31	92	811	811
Friday	17	2S 1-4	110	110	
Saturday	18	5-9	108	218	
Sunday	19	10-13	115	333	
Monday	20	14-17	122	455	
Tuesday	21	18-21	124	579	
Wednesday	22	22-24	115	694	694
Thursday	23	3K 1-2	99	99	
Friday	24	3-6	118	217	
Saturday	25	7-8	117	334	
Sunday	26	9-11	100	434	
Monday	27	12-14	98	532	
Tuesday	28	15-17	92	624	
Wednesday	29	18-20	110	734	
Thursday	30	21-22	83	817	817
Friday	31	4K 1-4	114	114	114
Monthly Total					3,222

April 2023

Date	Readings	Daily Verses	Cumulative	Book Total	
Saturday	1	4K 5-8	109	223	(114)
Sunday	2	9-12	115	338	
Monday	3	13-16	112	450	
Tuesday	4	17-19	115	565	
Wednesday	5	20-23	104	669	
Thursday	6	24-25	50	719	719
Friday	7	1Ch 1-2	109	109	
Saturday	8	3-5	93	202	
Easter Sunday	9	6-7	121	323	
Monday	10	8-10	98	421	
Tuesday	11	11-13	100	521	
Wednesday	12	14-16	89	610	
Thursday	13	17-21	100	710	
Friday	14	22-25	113	823	
Saturday	15	26-29	117	940	940
Sunday	16	2Ch 1-5	88	88	
Monday	17	6-9	113	201	
Tuesday	18	10-14	95	296	
Wednesday	19	15-19	97	393	
Thursday	20	20-24	117	510	
Friday	21	25-29	123	633	
Saturday	22	30-33	106	739	
Sunday	23	34-36	83	822	822
Monday	24	Ezr 1-3	94	94	
Tuesday	25	4-7	91	185	
Wednesday	26	8-10	95	280	280
Thursday	27	Ne 1-5	104	104	
Friday	28	6-8	110	214	
Saturday	29	9-10	77	291	
Sunday	30	11-13	113	404	404
Monthly Total					3,051

May 2023

Date	Readings	Daily Verses	Cumulative	Book Total
Monday	1	Tb 1-4	96	96
Tuesday	2	5-8	94	190
Wednesday	3	9-14	108	298
Thursday	4	Jdh 1-6	111	111
Friday	5	7-11	119	230
Saturday	6	12-16	115	345
Sunday	7	Es 1-5	91	91
Monday	8	6-11	98	189
Tuesday	9	12-16	86	275
Wednesday	10	1M 1-2	137	137
Thursday	11	3-4	121	258
Friday	12	5-6	131	389
Saturday	13	7-8	82	471
Sunday	14	9	73	544
Monday	15	10	89	633
Tuesday	16	11	74	707
Wednesday	17	12-13	108	815
Ascens Thur	18	14-16	114	929
Friday	19	2M 1-3	109	109
Saturday	20	4-6	108	217
Sunday	21	7-9	107	324
Monday	22	10-12	122	446
Tuesday	23	13-15	112	558
Wednesday	24	Jb 1-5	109	109
Thursday	25	6-9	108	217
Friday	26	10-14	117	334
Saturday	27	15-19	124	458
Pentecost Sun	28	20-23	110	568
Monday	29	24-28	96	664
Tuesday	30	29-31	96	760
Wednesday	31	32-35	108	868
Monthly Total				3,273

June 2023

	Date	Readings	Daily Verses	Cumulative	Book Total	
	Thursday	1	Jb 36-38	98	966	(868)
	Friday	2	39-42	104	1,070	1,070
	Saturday	3	Ps 1-8	90	90	
	Sunday	4	9-16	100	190	
	Monday	5	17-20	89	279	
	Tuesday	6	21-27	105	384	
	Wednesday	7	28-33	104	488	
	Thursday	8	34-37	104	592	
	Friday	9	38-44	108	700	
	Saturday	10	45-50	102	802	
	Corpus Christi	11	51-58	106	908	
	Monday	12	59-66	101	1,009	
	Tuesday	13	67-70	103	1,112	
	Wednesday	14	71-75	95	1,207	
	Thursday	15	76-78	106	1,313	
	Friday	16	79-84	91	1,404	
	Saturday	17	85-88	96	1,500	
	Sunday	18	89-95	101	1,601	
	Monday	19	96-102	94	1,695	
	Tuesday	20	103-105	128	1,823	
	Wednesday	21	106-110	105	1,928	
	Thursday	22	111-117	95	2,023	
	Friday SHJ	23	118	176	2,199	
	Saturday IHM	24	119-133	102	2,301	
	Sunday	25	134-139	103	2,404	
	Monday	26	140-150	124	2,528	2,528
	Tuesday	27	Pr 1-3	90	90	
	Wednesday	28	4-7	112	202	
	Thursday	29	8-11	117	319	
	Friday	30	12-14	88	407	407
	Monthly Total					3,137

July 2023

Date	Readings	Daily Verses	Cumulative	Book Total	
Saturday	1 Pr	15-18	118	525	(407)
Sunday	2	19-21	90	615	
Monday	3	22-24	98	713	
Tuesday	4	25-28	111	824	
Wednesday	5	29-31	91	915	915
Thursday	6 Ec	1-5	102	102	
Friday	7	6-12	120	222	222
Saturday	8 Sg	1-8	116	116	116
Sunday	9 Ws	1-4	80	80	
Monday	10	5-7	81	161	
Tuesday	11	8-11	88	249	
Wednesday	12	12-15	96	345	
Thursday	13	16-19	94	439	439
Friday	14 Si	1-3	97	97	
Saturday	15	4-6	91	188	
Sunday	16	7-10	121	309	
Monday	17	11-14	114	423	
Tuesday	18	15-18	117	540	
Wednesday	19	19-21	92	632	
Thursday	20	22-24	118	750	
Friday	21	25-27	97	847	
Saturday	22	28-30	91	938	
Sunday	23	31-33	103	1,041	
Monday	24	34-37	119	1,160	
Tuesday	25	38-40	112	1,272	
Wednesday	26	41-44	118	1,390	
Thursday	27	45-48	113	1,503	
Friday	28	49-51	88	1,591	1,591
Saturday	29 Is	1-5	115	115	
Sunday	30	6-10	115	230	
Monday	31	11-16	99	329	329
Monthly Total					3,205

August 2023

Date	Readings	Daily Verses	Cumulative	Book Total	
Tuesday	1	Is 17-22	94	423	(329)
Wednesday	2	23-28	116	539	
Thursday	3	29-33	110	649	
Friday	4	34-38	109	758	
Saturday	5	39-42	93	851	
Sunday	6	43-47	109	960	
Monday	7	48-53	109	1,069	
Tuesday	8	54-60	120	1,189	
Wednesday	9	61-66	103	1,292	1,292
Thursday	10	Jr 1-4	112	112	
Friday	11	5-8	117	229	
Saturday	12	9-12	91	320	
Sunday	13	13-16	91	411	
Monday	14	17-21	97	508	
Tuesday	15	22-25	118	626	
Wednesday	16	26-29	95	721	
Thursday	17	30-32	108	829	
Friday	18	33-36	99	928	
Saturday	19	37-41	100	1,028	
Sunday	20	42-47	105	1,133	
Monday	21	48-50	132	1,265	
Tuesday	22	51-52	98	1,363	1,363
Wednesday	23	La 1-3	110	110	
Thursday	24	4-5	44	154	154
Friday	25	Ba 1-3	95	95	
Saturday	26	4-6	118	213	213
Sunday	27	Ez 1-5	98	98	
Monday	28	6-10	92	190	
Tuesday	29	11-15	107	297	
Wednesday	30	16-18	119	416	
Thursday	31	19-21	95	511	511
Monthly Total					3,204

September 2023

Date	Readings	Daily Verses	Cumulative	Book Total	
Friday	1	Ez 22-24	107	618	(511)
Saturday	2	25-28	100	718	
Sunday	3	29-32	97	815	
Monday	4	33-36	117	932	
Tuesday	5	37-40	129	1,061	
Wednesday	6	41-44	104	1,165	
Thursday	7	45-48	107	1,272	1,272
Friday	8	Dn 1-2	70	70	
Saturday	9	3	100	170	
Sunday	10	4-6	93	263	
Monday	11	7-9	82	345	
Tuesday	12	10-12	79	424	
Wednesday	13	13-14	107	531	531
Thursday	14	Ho 1-7	101	101	
Friday	15	8-14	97	198	198
Saturday	16	Jl 1-3	73	73	73
Sunday	17	Am 1-5	86	86	
Monday	18	6-9	60	146	146
Tuesday	19	Ob	21	21	21
Wednesday	20	Jonah 1-4	48	48	48
Thursday	21	Mi 1-7	104	104	104
Friday	22	Na 1-3	47	47	47
Saturday	23	Hk 1-3	56	56	56
Sunday	24	Zp 1-3	53	53	53
Monday	25	Hg 1-2	38	38	38
Tuesday	26	Zc 1-7	98	98	
Wednesday	27	8-14	113	211	211
Thursday	28	Mal 1-4	55	55	55
Friday	29	Mt 1-4	90	90	
Saturday	30	5-7	111	201	201
Monthly Total					2,543

October 2023

	Date	Readings	Daily Verses	Cumulative	Book Total
Sunday	1	Mt 8-10	114	315	(201)
Monday	2	11-12	80	395	
Tuesday	3	13-14	94	489	
Wednesday	4	15-17	93	582	
Thursday	5	18-20	99	681	
Friday	6	21-22	92	773	
Saturday	7	23-24	90	863	
Sunday	8	25	46	909	
Monday	9	26	75	984	
Tuesday	10	27-28	86	1070	1,070
Wednesday	11	Mk 1-3	108	108	
Thursday	12	4-5	83	191	
Friday	13	6-7	93	284	
Saturday	14	8-9	88	372	
Sunday	15	10-11	85	457	
Monday	16	12-13	81	538	
Tuesday	17	14	72	610	
Wednesday	18	15-16	67	677	677
Thursday	19	Lk 1	80	80	
Friday	20	2-3	90	170	
Saturday	21	4-5	83	253	
Sunday	22	6-7	99	352	
Monday	23	8-9	118	470	
Tuesday	24	10-11	96	566	
Wednesday	25	12-13	94	660	
Thursday	26	14-16	98	758	
Friday	27	17-18	80	838	
Saturday	28	19-20	95	933	
Sunday	29	21-22	109	1,042	
Monday	30	23-24	109	1,151	1,151
Tuesday	31	Jn 1-3	112	112	112
Monthly Total					2,809

November 2023

	Date	Readings	Daily Verses	Cumulative	Book Total
Wednesday	1	Jn 4-5	101	213	(112)
Thursday	2	6	72	285	
Friday	3	7	53	338	
Saturday	4	8-9	100	438	
Sunday	5	10-11	98	536	
Monday	6	12-14	119	655	
Tuesday	7	15-17	86	741	
Wednesday	8	18-19	82	823	
Thursday	9	20-21	56	879	879
Friday	10	Ac 1-3	99	99	
Saturday	11	4-6	94	193	
Sunday	12	7-8	99	292	
Monday	13	9-10	91	383	
Tuesday	14	11-13	107	490	
Wednesday	15	14-16	108	598	
Thursday	16	17-19	102	700	
Friday	17	20-22	108	808	
Saturday	18	23-25	89	897	
Sunday	19	26-28	107	1004	1,004
Monday	20	Rm 1-4	117	117	
Tuesday	21	5-8	108	225	
Wednesday	22	9-12	111	336	
Thursday	23	13-16	97	433	433
Friday	24	1Co 1-5	104	104	
Saturday	25	6-9	100	204	
Sunday	26	10-13	111	315	
Monday	27	14-16	122	437	437
Tuesday	28	2Co 1-5	97	97	
Wednesday	29	6-10	91	188	
Thursday	30	11-13	67	255	255
Monthly Total					2,896

December 2023

Date	Readings	Daily Verses	Cumulative	Book Total
Friday	1 Ga	1-3	74	74
Saturday	2	4-6	75	149
Advent Sunday	3 Ep	1-3	66	66
Monday	4	4-6	89	155
Tuesday	5 Phil	1-4	104	104
Wednesday	6 Col	1-4	95	95
Thursday	7 1Th	1-5	88	88
Friday	8 2Th	1-3	46	46
Saturday	9 1Tm	1-6	113	113
Sunday	10 2Tm	1-4	83	83
Monday	11 Tt	1-3	46	46
Tuesday	12 Phm	1	25	25
Wednesday	13 Hb	1-5	81	81
Thursday	14	6-9	89	170
Friday	15	10-11	79	249
Saturday	16	12-13	54	303
Sunday	17 Jm	1-5	108	108
Monday	18 1P	1-5	105	105
Tuesday	19 2P	1-3	61	61
Wednesday	20 1Jn	1-5	105	105
Thursday	21 2Jn,3Jn		27	27
Friday	22 Jude		25	25
Saturday	23 Apoc	1	20	20
Sunday	24	2-3	51	71
Monday	25	4-5	25	96
Tuesday	26	6-10	79	175
Wednesday	27	11-13	55	230
Thursday	28	14-16	49	279
Friday	29	17-18	42	321
Saturday	30	19-20	36	357
Sunday	31	21-22	48	405

Monthly Total 2,043

Total Verses 35,804

Total Bible by Chapter and Verses

Summary	Chapter	Verses			
			Zc	14	211
Gn	50	1,530	Mal	4	55
Ex	40	1,211	1M	16	929
Lv	27	858	2M	15	558
Nu	36	1,288	Total OT	1,074	27,855
Dt	34	959			
Jos	24	658			
Jg	21	618			
Ru	4	85			
1S	31	811	Mt	28	1,070
2S	24	694	Mk	16	677
3K	22	817	Lk	24	1,151
4K	25	719	Jn	21	879
1Ch	29	940	Ac	28	1,004
2Ch	36	822	Rm	16	433
Ezr	10	280	1Co	16	437
Ne	13	404	2Co	13	255
Tb	14	298	Ga	6	149
Jdt	16	345	Ep	6	155
Es	16	275	Phil	4	104
Jb	42	1,070	Col	4	95
Ps	150	2,528	1Th	5	88
Pr	31	915	2Th	3	46
Ec	12	222	1T	6	113
Sg	8	116	2T	4	83
Ws	19	439	Tt	3	46
Si	51	1,591	Phm	1	25
Is	66	1,292	Hb	13	303
Jr	52	1,363	Jm	5	108
La	5	154	1P	5	105
Ba	6	213	2P	3	61
Ez	48	1,272	1Jn	5	105
Dn	14	531	2Jn	1	13
Ho	14	198	3Jn	1	14
Jl	3	73	Jude	1	25
Am	9	146	Apoc	22	405
Ob	1	21	Total NT	260	7,949
Jon	4	48			
Mi	7	104			
Na	3	47			
Hk	3	56	Total Bible	1,334	35,804
Zp	3	53			
Hg	2	38			

Abbreviations of the Old Testament

Genesis	Gn	Zechariah (<i>Zacharias in Vulgate</i>)	Zc
Exodus	Ex	Malachi (<i>Malachias in Vulgate</i>)	Mal
Leviticus	Lv		
Numbers	Nu	<i>*Note: 1M & 2M are included in Historical section of the Bible, not at end of Prophets</i>	
Deuteronomy	Dt		
Joshua	Jos		
Judges	Jg		
Ruth	Rt		
1 Samuel (<i>1Kings in Vulgate</i>)	1S	Abbreviations of the New Testament	
2 Samuel (<i>2Kings in Vulgate</i>)	2S		
1Kings (<i>3Kings in Vulgate</i>)	3K	Matthew	Mt
2 Kings (<i>4 Kings in Vulgate</i>)	4K	Mark	Mk
1 Chronicles (<i>1Parlipomen in Vulgate</i>)	1Ch	Luke	Lk
2 Chronicles (<i>2Parlipomen in Vulgate</i>)	2Ch	John	Jn
Ezra (<i>1 Ezras in Vulgate</i>)	Ezr	Acts	Ac
Nehemiah (<i>2 Ezras in Vulgate</i>)	Ne	Romans	Rm
Tobit (<i>Tobias in Vulgate</i>)	Tb	1Corinthians	1Co
Judith	Jdt	2Corinthians	2Co
Esther	Es	Galatians	Ga
1 Machabees*	1M	Ephesians	Ep
2 Machabees*	2M	Philippians	Phil
Job	Jb	Colossians	Col
Psalms	Ps	1 Thessalonians	1Th
Proverbs	Pr	2 Thessalonians	2Th
Ecclesiastes	Ec	1 Timothy	1T
Canticles (<i>also called Song of Songs</i>)	Sg	2 Timothy	2T
Wisdom	Ws	Philemon	Phm
Ecclesiasticus (<i>also called Sirach</i>)	Si	Titus	Tt
Isaiah (<i>Isaias in Vulgate</i>)	Is	Hebrews	Hb
Jeremiah (<i>Jeremias in Vulgate</i>)	Jr	James	Jm
Lamentation	La	1Peter	1P
Baruch	Ba	2 Peter	2P
Ezekiel	Ez	1John	1Jn
Daniel	Dn	2John	2Jn
Hosea (<i>Osee in Vulgate</i>)	Ho	3John	3Jn
Joel	Jl	Jude	Jude
Amos	Am	Apocalypse (<i>Also called Revelation</i>)	Apoc
Obadiah (<i>Abdias in Vulgate</i>)	Ob		
Jonah	Jon		
Micah (<i>Micheas in Vulgate</i>)	Mi		
Nahum	Na		
Habakuk (<i>Habacuc in Vulgate</i>)	Hk		
Zepheniah (<i>Sophonias in Vulgate</i>)	Zp		
Haggai (<i>Aggeus in Vulgate</i>)	Hg		

TABLE OF MOVABLE FEASTS

Year	Ash Wed	Easter Sunday	Ascension Thursday	Pentecost	Corpus Christi	1st Sunday Advent
2023	Feb 22	Apr 9	May 18	May 28	June 11	Dec 3