

## **NATIVITY FAST PSALTER Group 2022**

Goal: To read the Book of Psalms, also called the Psalter, daily during the 40 days of the Nativity Fast of 2022 as a group. You can read an individual book that has just the Psalms or the Book of Psalms found within your bible. At the end of 40 days each individual reader will have read the entire Book of Psalms twice. At the same time, if we have 20 readers or more, the entire Psalter will be read through by the group each day! We are starting on Tuesday, November 15th and ending on Christmas Eve, December 24th to fulfill the 40 day goal.

Background: THE PSALTER is the prayer book of the Church. It has been so since before there was a Christian Church. There is an ancient saying, attributed to St. Athanasius the Great, that, "the Psalms are different from the rest of Scripture in that while the rest of Scripture speaks to us, the Psalms speak for us." When we pray the Psalms, we are praying the words God has given us to pray. It has also been said that the story of God's dealings with Israel is an allegory of each person's spiritual journey, the story of God's dealings with every human soul. (from: Monks of the Orthodox Church. The Ancient Faith Psalter . Ancient Faith Publishing. Kindle Edition.)

The Book of Psalms are the "songs" of God's people authored mainly by David, temple musicians, and Moses. The Psalter is divided into 20 kathismata or groups of songs. For our Psalm Readers Group each reader will read one of the twenty kathismata, each of us reading a different kathisma so that as an entire group we read the entire Book of Psalms in one day.

Example: I am assigned as #3 Anastasia, so I will read kathisma 3 the first day of our readings. The second day I will read kathisma 4, the third day kathisma 5 and so on. When I get to the end, at kathisma 20, the next day I will go to the beginning of the book and read kathisma 1 and continue from there.

#1 Reader (Melody) will start at kathisma 1, followed by kathisa 2 on the second day, kathisma 3 on the third day, and so on. #20 Reader will start on kathisma 20 and read kathisama 1 the next day and so on.

We will each be starting at a different place in the Book of Psalms but will ultimately have read he whole thing twice through. Hope this makes sense to all, if not ,feel free to call Anna Pink 585-721-9417.

### Specific Instructions:

On your own, whenever and wherever you are able to read it find a quiet spot to read your assigned kathisma daily. There are no designated times or places as long as you read it at some point each day.

### Step 1a. (Optional) You may start with this prayer:

MOST Holy Trinity, God and Creator of the whole world, come and direct my heart to begin with understanding and to end with good works this divinely inspired book, which the Holy Spirit uttered through the lips of David, and which I now desire to recite, unworthy though I am. Knowing well mine own ignorance, I fall down before Thee and pray, begging Thy help, O Lord, direct my mind, and make my heart steadfast, that I grow not weary because of the words which my lips read, but that I be gladdened with the understanding of what is read and myself prepared for the doing of the good works which I learn; and I say, Enlightened by good deeds, may I become a citizen of the land which is at Thy right hand, with all of Thine elect. And now, O Master, bless me, that, having sighed from my heart, I may sing with my tongue, saying, O come, let us worship God, our King. **Bow.**

O come, let us worship and bow down before Christ, our King and God. **Bow.**

O come, let us worship and bow down before Christ Himself, our King and God. **Bow.**

### Step 1 Recite the Trisagion prayers:

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

O heavenly King, O Comforter, the Spirit of truth, who art in all places and fills all things; Treasury of good things and Giver of life: Come and dwell in us and cleanse us from every stain, and save our souls, O gracious Lord.

Hi

Holy God, Holy Mighty, Holy Immortal: have mercy on us. (Thrice)

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

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God, visit and heal our infirmities for thy Name's sake.

Lord, have mercy. (Thrice)

Glory to the Father, and to the Son, and to 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.

Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy on us and save us. Amen.

3. Read your kathisma for the day:

*Kathisma 1: Psalms 1-8 (1-8)*

*Kathisma 2: 9-16 (9-17)*

*Kathisma 3: 17-23 (18-24)*

*Kathisma 4: 24-31 (25-32)*

*Kathisma 5: 32-36 (33-37)*

*Kathisma 6: 37-45 (38-46)*

*Kathisma 7: 46-54 (47-55)*

*Kathisma 8: 55-63 (56-64)*

*Kathisma 9: 64-69 (65-70)*

*Kathisma 10: 70-76 (71-77)*

*Kathisma 11: 77-84 (78-85)*

*Kathisma 12: 85-90 (86-91)*

*Kathisma 13: 91-100 (92-101)*

*Kathisma 14: 101-104 (102-105)*

*Kathisma 15: 105-108 (106-109)*

*Kathisma 16: 109-117 (110-118)*

*Kathisma 17: 118 (119)*

*Kathisma 18: 119-133 (120-134)*

*Kathisma 19: 134-142 (135-143)*

*Kathisma 20: 143-150 (144-150)*

<http://oca.org/liturgics/outlines/the-division-of-the-psalter-into-kathismas>)

#### 4. Say this Prayer:

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

**Alleluia, Alleluia, Alleluia. Glory to you, O God. (twice)**

**Alleluia, Alleluia, Alleluia, Glory to you, O God our hope, O Lord, glory to You.**

#### **5. Pray for each reader in our group:**

**Lord have mercy on \_\_\_\_\_ (each baptismal name in your group) and, if you wish, say a small prayer for them.**

Ideally, we need at least 20 people to hold this group, but God is gracious and forgiving if we have fewer or more!

Pointers: Do your best, it takes time to develop this habit of reading prayers for Lent.

Read your assigned reading daily any time during the day that works for you.

Resources and Notes:

Most bibles include the Book of Psalms, usually in Old Testament near Proverbs or sometimes at the end of the New Testament as an extra book.

**The Orthodox Study Bible** is available at our bookstore at Holy Spirit Greek Orthodox Church in Rochester, NY, or online at [ancientfaith.com](http://ancientfaith.com), [christianbooks.com](http://christianbooks.com), [amazon.com](http://amazon.com), and on Kindle)

If you read from the Orthodox Study Bible, please note that it comes in two editions:

*a. Old Testament AND New Testament, 2008 ed.: the editors provide two sets of numbers for each Psalm. Please, follow the Psalm numbering outside of the parentheses and the Kathisma numbering (above) outside of the parentheses (e.g. for Kathisma 3 you read psalms 17-23).*

*b. New Testament and Psalms ONLY, 1993 ed.: the editors provide only one number for each Psalm. Please follow the Kathisma numbering in the parentheses (e.g. for Kathisma 3 you read psalms 18-24).*

*If you have a Kindle reader the Orthodox Study Bible is available to buy and download and you can take it everywhere your smartphone goes with you!*

**The Ancient Faith Psalter, translated by Monks of the Orthodox Church**, published by Ancient Faith Publishing (available on Amazon and on Kindle) This is also available on Audible Books, so you can listen to the readings as well.

**Christ In The Psalms by Patrick Henry Reardon** is an excellent book that explains each psalm in plain English. This is a good companion book to enrich your understanding of the Psalter. (Available at our book store, [amazon.com](http://amazon.com), and Barnes & Noble, and on kindle) If your Psalter comes already pre-arranged in Kathismata, you are ready to go.

*If you use any other Bible, follow the Kathisma numbering in the parentheses (e.g. for Kathisma 3 you read psalms 18-24).*

*A good rule of thumb is the following:*

*If Psalm 118 is longer than Psalm 119 in your book, it follows the Septuagint text :use numbers outside parentheses.*

*If Psalm 119 is longer than Psalm 118 in your book, it follows the Hebrew text: use numbers inside parentheses.*

I have sent you the list of participants praying in a separate document. As participants join in, I will email the group so you can add their names to the end of you list.

***May the Holy Spirit fill us all as we journey together through this Nativity Fast, always keeping our eyes on Christ.***