

Daily Psalms for Noahides from First of Elul through End of Sukkot (Hoshanah Rabbah)

From the book *Prayers for Noahides: Community Services and Personal Worship*,
Approved by Rabbi Moshe Weiner, Jerusalem, Overseeing Rabbinical Authority for A.N.I.

There is a custom for Jews to recite three Psalms per day, beginning with the first day of Elul (Psalms 1-3 on day 1, Psalms 4-6 on day 2, etc.), through Psalm 114 on the ninth of Tishrei, which is the Eve of Yom Kippur. Then groups of nine Psalms are recited at four times during Yom Kippur, until the final Psalm 150 is concluded at the end of the day.

Rabbi Moshe Weiner has said that it is also a very good idea for Noahides to do this, either as above until the end of Yom Kippur, or continuing to recite three Psalms per day so that the final Psalm 150 is completed on the last day of Sukkot (called Hoshanah Rabbah). It is logical for Noahides to choose the option to keep the recitation at three Psalms per day so it extends through Sukkot, because the seven days of Sukkot are the time during the year when God judges the nations of the world for the amount of rain each one will receive. Also, during the times of the First and Second Holy Temples, those were the days when a total of 70 special sacrifices were brought, and they were offered on behalf of the nations of the world (of which there were 70 in Biblical times).

The schedule for saying three chapters of Psalms per day through the end of Sukkot is listed below. (Whoever did not start on the first day of Elul should begin with the Psalms of the particular day on which he starts the recitation, and complete the missing Psalms later.)

For the Month of Elul

Day	Psalms	Day	Psalms
1	1 – 3	16	46 – 48
2	4 – 6	17	49 – 51
3	7 – 9	18	52 – 54
4	10 – 12	19	55 – 57
5	13 – 15	20	58 – 60
6	16 – 18	21	61 – 63
7	19 – 21	22	64 – 66
8	22 – 24	23	67 – 69
9	25 – 27	24	70 – 72
10	28 – 30	25	73 – 75
11	31 – 33	26	76 – 78
12	34 – 36	27	79 – 81
13	37 – 39	28	82 – 84
14	40 – 42	29	85 – 87
15	43 – 45		

For the Month of Tishrei

Day	Psalms
1	88 – 90*
2	91 – 93
3	94 – 96
4	97 – 99
5	100 – 102
6	103 – 105
7	106 – 108
8	109 – 111
9	112 – 114
10	115 – 117**
11	118 – 120
12	121 – 123
13	124 – 126
14	127 – 129
15	130 – 132***
16	133 – 135
17	136 – 138
18	139 – 141
19	142 – 144
20	145 – 147
21	148 – 150

*Rosh Hashanah (first day)

**Yom Kippur

***First Day of Sukkot