

### 3rd Sunday of Lent: March 19

- Mon, 3/20 Gospel—Jn 4:5-42
- Tues, 3/21 1st Reading—Ex 17:3-7
- Wed, 3/22 Psalm—Psa 95:1-2, 6-9
- Thu, 3/23 2nd Reading—Rom 5:1-2, 5-8
- Fri, 3/24 Re-read the 1st Reading, Psalm, and Gospel

### 4th Sunday of Lent: March 26

- Mon, 3/27 Gospel—Jn 9:1-41
- Tues, 3/28 1st Reading—1 Sam 16:1b, 6-7, 10-13a
- Wed, 3/29 Psalm—Psa 23:1-6
- Thu, 3/30 2nd Reading—Eph 5:8-14
- Fri, 3/31 Re-read the 1st Reading, Psalm, and Gospel

### 5th Sunday of Lent: April 2

- Mon, 4/3 Gospel—Jn 11:1-45
- Tues, 4/4 1st Reading—Ezek 37:12-14
- Wed, 4/5 Psalm—Psa 130:1-8
- Thu, 4/6 2nd Reading—Rom 8:8-11
- Fri, 4/7 Re-read the 1st Reading, Psalm, and Gospel

### Palm Sunday (Holy Week—Passion): April 9

- Mon, 4/10 Gospel—Mt 26:14 – 27:66
- Tues, 4/11 1st Reading—Isa 50:4-7
- Wed, 4/12 Psalm—Psa 22:8-9, 17-20, 23-24
- Thu, 4/13 2nd Reading—Phil 2:6-11
- Fri, 4/14 Re-read the 1st Reading, Psalm, and Gospel

### Easter Sunday (Easter Week—Resurrection): April 16

- Mon, 4/17 Gospel—Jn 20:1-9
- Tues, 4/18 1st Reading—Acts 10:34z, 37-43
- Wed, 4/19 Psalm—Psa 118:1-2, 16-17, 22-23
- Thu, 4/20 2nd Reading—Col 3:1-4
- Fri, 4/21 Re-read the 1st Reading, Psalm, and Gospel

# 40 DAYS IN THE BIBLE

## A BIBLE READING PLAN FOR LENT & EASTER

### 2017 (YEAR A)

*“Thy word is a lamp to my feet and a light to my path.”*

(Psalm 119:105)

*“Read daily and thence gather food for your soul.”*

(Spiritus Paracletus, 43)

In the Scripture readings at Mass each Sunday, the first Reading is chosen because of some link with the Gospel. The Psalm (in particular, the Response) provides a bridge between the readings and helps prepare our hearts and respond to the Word that we hear.

This reading plan builds on that fact, providing a way to extend meditation on the Sunday readings into the following week and enter more deeply into Lent and Easter. Every weekday a new reading is presented for prayerful meditation until on Friday, the readings are read together with an emphasis on hearing the Lord’s voice personally.

Follow these steps to meditate on the Scriptures each week, using a journal to write down your thoughts and prayers. A daily reading checklist is provided to help you keep track.

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## INSTRUCTIONS

(To start with Ash Wednesday readings, apply these instructions as appropriate to the readings provided in the Reading Checklist.)

### Mondays

- Pray: *Open my heart, Lord, to listen to the word of your Son.*
- Prayerfully read the Gospel you heard yesterday at mass.
- Read it again: What stands out to you? Write that down.
- Read it a third time, listening for God's voice. What does it say to you?
- Read it once more and respond with your own prayer.

### Tuesdays

- Pray: *Open my heart, Lord, to listen to the word of your Son.*
- Prayerfully read the 1st reading you heard last Sunday.
- Read it again: What stands out to you? What connection do you see with the Gospel? Write down your observations.
- Read it a third time, listening for God's voice. What does it say to you?
- Read it once more and respond with your own prayer.

### Wednesdays

- Pray: *Open my heart, Lord, to listen to the word of your Son.*
- Prayerfully read the Responsorial Psalm from last Sunday. Write down the Response.
- Read it again: What stands out to you? Is there a connection with the 1st reading and Gospel? What do you notice?
- Read it a third time, listening for God's voice. What does it say to you?
- Read it once more and respond with your own prayer, incorporating the Response.

### Thursdays

- Pray: *Open my heart, Lord, to listen to the word of your Son.*
- Prayerfully read the 2nd Reading from last Sunday's mass.
- Read it again: What stands out to you? Write that down.
- Read it a third time, listening for God's voice. What does it say to you?
- Read it once more and respond with your own prayer.

### Fridays

- Pray: *Open my heart, Lord, to listen to the word of your Son.*
- Prayerfully read the 1st reading, Psalm, and Gospel you read earlier this week. (optional: include the 2nd Reading with the others)
- Read again: What stands out to you? Do you have any new insights?
- Read all of them a third time, listening for God's voice. What does it say to your heart?
- Read all three readings once more and respond with your own prayer.

## READING CHECKLIST

### Ash Wednesday: March 1

- Wed, 3/1 Gospel—Mat 6:1-6, 16-18
- Thu, 3/2 1st Reading— Joel 2:12-18
- Fri, 3/3 + Psalm— Psa 51:3-6, 12-14, 17  
+ Re-read the 1st Reading and Gospel

### 1st Sunday of Lent: March 5

- Mon, 3/6 Gospel—Mt 4:1-11
- Tues, 3/7 1st Reading—Gen 2:7-9; 3:1-7
- Wed, 3/8 Psalm—Psa 51:3-6, 12-17
- Thu, 3/9 2nd Reading—Rom 5:12, 17-19
- Fri, 3/10 Re-read the 1st Reading, Psalm, and Gospel

### 2nd Sunday of Lent: March 12

- Mon, 3/13 Gospel—Matt 17:1-9
- Tues, 3/14 1st Reading—Gen 12:1-4a
- Wed, 3/15 Psalm—Psa 33:4-5, 18-20, 22
- Thu, 3/16 2nd Reading—2 Tim 1:8b-10
- Fri, 3/17 Re-read the 1st Reading, Psalm, and Gospel