

3rd Sunday of Lent: March 24

- Mon, Gospel: Luke 13:1-9
- Tue, 1st Reading: Exodus 3:1-8a, 13-15
- Wed, Responsorial Psalm: Psalm 103:1-4, 6-7, 8, 11
- Thu, 2nd Reading: 1 Corinthians 10:1-6, 10-12
- Fri, Re-read the 1st Reading, Psalm, and Gospel

4th Sunday of Lent: March 31

- Mon, Gospel: Luke 15:1-3, 11-32
- Tue, 1st Reading: Joshua 5:9a, 10-12
- Wed, Responsorial Psalm: Psalm 34:2-7
- Thu, 2nd Reading: 2 Corinthians 5:17-21
- Fri, Re-read the 1st Reading, Psalm, and Gospel

5th Sunday of Lent: April 7

- Mon, Gospel: John 8:1-11
- Tue, 1st Reading: Isaiah 43:16-21
- Wed, Responsorial Psalm: Psalm 126:1-6
- Thu, 2nd Reading: Philippians 3:8-14
- Fri, Re-read the 1st Reading, Psalm, and Gospel

Palm Sunday (Holy Week—Passion): April 14

- Mon, Gospel: Luke 22:14 - 23:56
- Tue, 1st Reading: Isaiah 50:4-7
- Wed, Responsorial Psalm: Psalm 22:8-9, 17-20, 23-24
- Thu, 2nd Reading: Philippians 2:6-11
- Fri, Re-read the 1st Reading, Psalm, and Gospel

Easter Sunday (Easter Week—Resurrection): April 21

- Mon, Gospel: John 20:1-9
- Tue, 1st Reading: Acts 10:34a, 37-43
- Wed, Responsorial Psalm: Psalm 118:1-2, 16-17, 22-23
- Thu, 2nd Reading: Colossians 3:1-4 or 1 Corinthians 5:6b-8
- Fri, Re-read the 1st Reading, Psalm, and Gospel

40 DAYS IN THE BIBLE

A BIBLE READING PLAN FOR LENT & EASTER 2019 (YEAR C)

“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 Ash Wednesday and Sunday readings into the following days or 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.

INSTRUCTIONS

Mondays

- Pray: *Open my heart, Lord, to listen to your word.*
- Prayerfully read the Gospel you heard yesterday at mass.
- Read it again: What stands out to you? Write that down.
- Read it again, 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 your word.*
- 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 again, 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 your word.*
- Prayerfully read Sunday's Psalm. 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 again, listening for God's voice. What does it say to you?
- Respond with your own prayer, incorporating the Response.

Thursdays

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



READING CHECKLIST

Ash Wednesday: March 6

- Wed, Gospel: Matthew 6:1-6, 16-18
- Thu, Readings 1-2: Joel 2:12-18 *and* 2 Corinthians 5:20-6:2
- Fri + Responsorial Psalm: Psalm 51:3-6b, 12-14, 17
+ Re-read the 1st Reading and Gospel

1st Sunday of Lent: March 10

- Mon, Gospel: Luke 4:1-13
- Tue, 1st Reading: Deuteronomy 26:4-10
- Wed, Responsorial Psalm: Psalm 91:1-2, 10-15
- Thu, 2nd Reading: Romans 10:8-13
- Fri, Re-read the 1st Reading, Psalm, and Gospel

2nd Sunday of Lent: March 17

- Mon, Gospel: Luke 9:28b-36
- Tue, 1st Reading: Genesis 15:5-12, 17-18
- Wed, Responsorial Psalm: Psalm 27:1, 7-9, 13-14
- Thu, 2nd Reading: Philippians 3:17 - 4:1
- Fri, Re-read the 1st Reading, Psalm, and Gospel