

- Tuesday 1st Reading—Ex 17:3-7
- Wednesday Psalm—Psa 95:1-2, 6-9
- Thursday 2nd Reading—Rom 5:1-2, 5-8
- Friday Re-read the 1st Reading, Psalm, and Gospel

Week after 4TH Sunday of Lent

- Monday Gospel—Jn 9:1-41
- Tuesday 1st Reading—1 Sam 16:1b, 6-7, 10-13a
- Wednesday Psalm—Psa 23:1-6
- Thursday 2nd Reading—Eph 5:8-14
- Friday Re-read the 1st Reading, Psalm, and Gospel

Week after 5TH Sunday of Lent

- Monday Gospel—Jn 11:1-45
- Tuesday 1st Reading—Ezek 37:12-14
- Wednesday Psalm—Psa 130:1-8
- Thursday 2nd Reading—Rom 8:8-11
- Friday Re-read the 1st Reading, Psalm, and Gospel

Week after Palm Sunday (Holy Week—Passion)

- Monday Gospel—Mt 26:14 – 27:66
- Tuesday 1st Reading—Isa 50:4-7
- Wednesday Psalm—Psa 22:8-9, 17-20, 23-24
- Thursday 2nd Reading—Phil 2:6-11
- Friday Re-read the 1st Reading, Psalm, and Gospel

Week after Easter Sunday (Easter Week—Resurrection)

- Monday Gospel—Jn 20:1-9
- Tuesday 1st Reading—Acts 10:34z, 37-43
- Wednesday Psalm—Psa 118:1-2, 16-17, 22-23
- Thursday 2nd Reading—Col 3:1-4
- Friday Re-read the 1st Reading, Psalm, and Gospel

40 DAYS IN THE BIBLE

A Bible Reading Plan for Lent & Easter

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 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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with sarah christmyer

INSTRUCTIONS

Mondays (and Ash Wednesday)

- 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 (and Thursday after Ash Wednesday)

- 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 (and Friday after Ash Wednesday)

- 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 (except the Thursday after Ash Wednesday)

- 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 (and the Friday after Ash Wednesday, add this to your reading of the Psalm)

- 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 and following

- Wednesday Gospel—Mat 6:1-6, 16-18
- Thursday 1st Reading—Joel 2:12-18
- Friday + Psalm—Psa 51:3-6, 12-14, 17
+ Re-read the 1st Reading and Gospel

Week after 1ST Sunday of Lent

- Monday Gospel—Mt 4:1-11
- Tuesday 1st Reading—Gen 2:7-9; 3:1-7
- Wednesday Psalm—Psa 51:3-6, 12-17
- Thursday 2nd Reading—Rom 5:12, 17-19
- Friday Re-read the 1st Reading, Psalm, and Gospel

Week after 2ND Sunday of Lent

- Monday Gospel—Matt 17:1-9
- Tuesday 1st Reading—Gen 12:1-4a
- Wednesday Psalm—Psa 33:4-5, 18-20, 22
- Thursday 2nd Reading—2 Tim 1:8b-10
- Friday Re-read the 1st Reading, Psalm, and Gospel

Week after 3RD Sunday of Lent

- Monday Gospel—Jn 4:5-42