

3rd Sunday of Lent

- Mon, Gospel: John 2:13-25
- Tue, 1st Reading: Exodus 20:1-17
- Wed, Responsorial Psalm: Psalm 19:8-11
- Thu, 2nd Reading: 1 Corinthians 1:22-25
- Fri, Re-read the 1st Reading, Psalm, and Gospel

4th Sunday of Lent

- Mon, Gospel: John 3:14-21
- Tue, 1st Reading: 2 Chronicles 36:14-16, 19-23
- Wed, Responsorial Psalm: Psalm 137:1-6
- Thu, 2nd Reading: Ephesians 2:4-10
- Fri, Re-read the 1st Reading, Psalm, and Gospel

5th Sunday of Lent

- Mon, Gospel: John 12:20-33
- Tue, 1st Reading: Jeremiah 31:31-34
- Wed, Responsorial Psalm: Psalm 51:3-4, 12-15
- Thu, 2nd Reading: Hebrews 5:7-9
- Fri, Re-read the 1st Reading, Psalm, and Gospel

Palm Sunday (Holy Week—Passion)

- Mon, Gospel: Mark 14:1 - 15:47 or 15:1-39
- 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

Easter Sunday (Easter Week—Resurrection)

- 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 YEAR B

“If we had the Word of God always in the heart, no temptation would be able to estrange us from God and no obstacle would be able to make us deviate from the path of goodness; we would be able to overcome the daily suggestions of evil that are in us and outside of us; we would be more capable of living a resurrected life according to the Spirit, receiving and loving our brothers ... and also our enemies.” —Pope Francis

Take the word of God to heart this Lent by reading along with the Church. In the Scripture readings at Mass each Sunday, the first Reading is chosen because of a 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. 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 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 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 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 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 the word of your Son.*
- 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 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 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 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 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

- Wed, Gospel: Matthew 6:1-6, 16-18
- Thu, 1st Reading: 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

- Mon, Gospel: Mark 1:12-15
- Tue, 1st Reading: Genesis 9:8-15
- Wed, Responsorial Psalm: Psalm 25:4-9
- Thu, 2nd Reading: 1 Peter 3:18-22
- Fri, Re-read the 1st Reading, Psalm, and Gospel

2nd Sunday of Lent

- Mon, Gospel: Mark 9:2-10
- Tue, 1st Reading: Genesis 22:1-2, 9a, 10-13, 15-18
- Wed, Responsorial Psalm: Psalm 116:10, 15-19
- Thu, 2nd Reading: Romans 8:31b-34
- Fri, Re-read the 1st Reading, Psalm, and Gospel