

40 Days
IN THE BIBLE



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

SARAH CHRISTMYER + COME INTO THE WORD, LLC

40 Days in the Bible

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

*"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.

God bless you as you read his Word.

Sarah Christmyer

Sarah Christmyer
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How it works

RETURN TO ONE OF THE READINGS EVERY DAY & MEDITATE ON IT

Monday

- 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.

Tuesday

- 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.

Wednesday

- 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? 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.

Thursday

- Pray: Open my heart, Lord, to listen to the word of your Son.
- **Prayerfully read the 2nd Reading from last Sunday's mass. (There may not be a connection.)**
- 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.

Friday

- 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.**
- 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 the readings together and respond with your own prayer.

Reading Checklist

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Ash Wednesday

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

1st Sunday of Lent

- Mon, Gospel: Luke 4:1-13
- Tue, 1st Reading: Deuteronomy 26:4-10
- Wed, Responsorial 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

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

3rd Sunday of Lent

- Mon, Gospel: Luke 13:1-9
- Tue, 1st Reading: Exodus 3:1-8a, 13-15
- Wed, Responsorial 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

- Mon, Gospel: Luke 15:1-3, 11-32
- Tue, 1st Reading: Joshua 5:9a, 10-12
- Wed, Responsorial 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

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

Palm Sunday (Holy Week)

- Mon, Gospel: Luke 22:14 - 23:56
- Tue, 1st Reading: Isaiah 50:4-7
- Wed, Responsorial 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)

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

*The 2nd reading does not necessarily have a connection with the other three, but feel free to continue reflecting on it—especially if it spoke to you in a particular way this week.