COME INTO THE WORD

with Sarah Christmyer

Receive the Word!

A Bible Reading Plan for Advent - Year C

"Hail, full of grace, the Lord is with you!"
"Behold, I am the handmaid of the Lord; let it be to me according to your word."
—Luke 1:28, 38

The Lord is "with us" in the Word we receive in the liturgy, preparing us to receive him in the Eucharist. Like Mary, we can receive that word, ponder it over time, and see it take flesh in our lives.

Each Sunday, the First Reading is chosen because of some link with the Gospel. The Responsorial Psalm 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 by extending meditation on the Sunday readings into the following week. Every day a new reading is presented for prayerful meditation until on Friday, they 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. May this Advent pondering help you better receive the Lord at Christmas!

INSTRUCTIONS

Mondays
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 do you hear?
• Read it once more and respond with your own prayer.

Tuesdays
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? Journal your observations.
• Read it again, listening for God's voice. What do you hear?
• Read it once more and respond with your own prayer.

Wednesdays
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 do you hear?
• Respond with your own prayer, incorporating the Response.
• Read it once more and respond with your own prayer.

Thursdays
Open my heart, Lord, to listen to the word of your Son.
• Prayerfully read the 2nd Reading.
• Read it again: What stands out to you? Write that down.
• Read it again, listening for God's voice. What do you hear?

Fridays
Open my heart, Lord, to listen to the word of your Son.
• Prayerfully read the 1st reading, Psalm, and Gospel. (optional: include the 2nd Reading with the others)
• Read again: What stands out to you? Write down your insights.
• Read again, listening for God's voice. What do you hear?
• Read all readings again and respond with your own prayer.

READING CHECKLIST

Advent - Year C

"God speaks to each of us through sacred Scripture and has a message for each of us. We shouldn't read sacred Scripture as a word from the past, but rather as the word of God addressed even to us, and we must try to understand what the Lord is telling us."

—Pope Benedict XVI, 11/7/07 General Audience

Week following the 1st Sunday of Advent

❑ Mon, Gospel: Luke 21:25–28, 34–36
❑ Tue, 1st Reading: Jeremiah 33:14–16
❑ Wed, Responsorial Psalm: Psalm 25:4–5, 8–9, 10–14
❑ Thu, 2nd Reading: 1 Thessalonians 3:12 – 4:2
❑ Fri, Re-read the 1st Reading, Psalm, and Gospel

Week following the 2nd Sunday of Advent

❑ Mon, Gospel: Luke 3:1–6
❑ Tue, 1st Reading: Baruch 5:1–9
❑ Wed, Responsorial Psalm: Psalm 126:1–2a, 2b–6
❑ Thu, 2nd Reading: Philippians 1:4–6, 8–11
❑ Fri, Re-read the 1st Reading, Psalm, and Gospel

Week following the 3rd Sunday of Advent

❑ Mon, Gospel: Luke 3:10–18
❑ Tue, 1st Reading: Zephaniah 3:14–18a
❑ Wed, Responsorial Psalm: Isaiah 12:2–3, 4b–6
❑ Thu, 2nd Reading: Philippians 4:4–7
❑ Fri, Re-read the 1st Reading, Psalm, and Gospel

Week following the 4th Sunday of Advent

❑ Mon, Gospel: Luke 1:39–45
❑ Tue, 1st Reading: Micah 5:1–4a
❑ Wed, Responsorial Psalm: Psalm 80:2–3, 15–16, 18–19
❑ Thu, 2nd Reading: Hebrews 10:5–10
❑ Fri, Re-read the 1st Reading, Psalm, and Gospel

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