COME INTO THE WORD

with Sarah Christmyer

40 Days in the Word

Pondering the Scriptures for Lent & Easter – Year A

"Man shall not live by bread alone,
but by every word that proceeds from the mouth of God." (Mt 4:4)

Enter the wilderness of Lent with food for your journey: not only the Eucharist, but also the Word of God provided each week at Mass. This reading plan was designed to help you carry that Word forth into your life: into your work, your home, your daily doings. Allow it to do its cleansing work and bring a new springtime to your soul.

Follow these three simple steps:

- Listen at Sunday mass to the Word proclaimed and reflected upon in the homily (the 1st and 2nd readings, the Psalm and the Gospel)
- Spend 10 minutes a day the next Monday through Thursday in meditation and prayer on a different one of those readings each day.
- Return on Friday to the same readings, especially the 1st reading, the Psalm, and the Gospel. Consider them together, notice ties between them, and take them to heart.

Write down the truths or questions that strike you and journal your response. Ask the Lord to speak to you personally and to deepen your preparation for the celebration of Easter. A daily reading checklist is provided to help you keep track.

Blessings on you as you ponder God's Word!

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INSTRUCTIONS

for lectio divina

Mondays (and Ash Wednesday)

Pray: Open my heart, Lord, to listen to the word of your Son.

- Prayerfully read the Gospel you heard yesterday (or today) 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 (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 (or Ash Wed).
- 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 (and Friday after Ash Wednesday)

Pray: Open my heart, Lord, to listen to the word of your Son.

- Prayerfully read Sunday's (Ash Wed'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 (except Thursday after Ash Wednesday)

Pray: 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 (except Friday after Ash Wednesday)

Pray: 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

Lent & Easter - Year A

"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 of Ash Wednesday

❑ Wed, Gospel: Matthew 6:1-6, 16-18
❑ Thu, 1st Reading: Joel 2:12-18
❑ Fri, Responsorial Psalm: Psalm 51:3-6, 12-14, 17
Re-read the 1st Reading and Gospel

Week following the 1st Sunday of Lent

❑ Mon, Gospel: Matthew 4:1-11
❑ Tue, 1st Reading: Genesis 2:7-9; 3:1-7
❑ Wed, Responsorial Psalm: Psalm 51:3-6, 12-17
❑ Thu, 2nd Reading: Romans 5:12, 17-19
❑ Fri, Re-read the 1st Reading, Psalm, and Gospel

Week following the 2nd Sunday of Lent

❑ Mon, Gospel: Matthew 17:1-9
❑ Tue, 1st Reading: Genesis 12:1-4a
❑ Wed, Responsorial Psalm: Psalm 33:4-5, 18-20,22
❑ Thu, 2nd Reading: 2 Timothy 1:8b-10
❑ Fri, Re-read the 1st Reading, Psalm, and Gospel

Week following the 3rd Sunday of Lent

❑ Mon, Gospel: John 4:5–42
❑ Tue, 1st Reading: Exodus 17:3-7
❑ Wed, Responsorial Psalm: Psalm 95:1-2, 6-9
❑ Thu, 2nd Reading: Romans 5:1-2, 5-8
❑ Fri, Re-read the 1st Reading, Psalm, and Gospel

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READING CHECKLIST

Lent & Easter - Year A, continued

Week following the 4th Sunday of Lent

❏ Mon, Gospel: John 9:1-41
❏ Tue, 1st Reading: 1 Samuel 16:1b, 6-7, 10-13a
❏ Wed, Responsorial Psalm: Psalm 23:1-6
❏ Thu, 2nd Reading: Ephesians 5:8-14
❏ Fri, Re-read the 1st Reading, Psalm, and Gospel

Week following the 5th Sunday of Lent

❏ Mon, Gospel: John 11:1-45
❏ Tue, 1st Reading: Ezekiel 37:12-14
❏ Wed, Responsorial Psalm: Psalm 130:1-8
❏ Thu, 2nd Reading: Romans 8:8-11
❏ Fri, Re-read the 1st Reading, Psalm, and Gospel

Holy Week

❏ Mon, Gospel: Matthew 26:14 – 27:66
❏ 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 Week

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

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