



LENT 2025

Daily Scripture and Reflections for the Sacred Season

He himself bore our sins in his body on the cross, so that, having died to sins, we might live for righteousness. – 1 PETER 2:24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 Proven Jesus is the Son of God—always resisting the temptations of the devil and always trusting in God alone. Luke 4:1-13	10 Least of These By showing love to the least of these among us, we show the world that Jesus shows his love to each one of us. Matthew 25:31-46	11 Pray to Him Pray to Jesus from the heart, not out of obligation or what you think is expected. Just be yourself. Matthew 6:7-15	MARCH 5 Ash Wed. Never be afraid to turn back to God in confession. He is nothing but grace, mercy and love in response. Joel 2:12-18	6 Finding Life Are you searching for the meaning of life? Your life is found in loving, obeying and holding fast to God. Deuteronomy 30:15-20	7 Be Humble Humble yourself in what you do in the name of the Lord, not seeking recognition or fame. Isaiah 58:1-9a	8 Well Watered With God, you are like a watered garden, flourishing and growing with good things that nourish the soul. Isaiah 58:9b-14
16 Sacrifice Abraham sacrificed animals to the Lord. God sacrificed his Son on the cross to satisfy the sentence for sin. Genesis 15:5-12, 17-18	17 Covenant Though we rebel against him, God continues to keep his covenant with us out of sheer love for each one of us. Daniel 9:4b-10	18 White as Snow Sins as red as scarlet and crimson as blood will become white as snow and wool, through Jesus' blood. Isaiah 1:10, 16-20	12 Our Turn The Ninevites turned from their evil ways, and God turned from his anger toward them. It is our turn to love all. Jonah 3:1-10	13 Giving God Ask God, and he will answer. Seek him, and he will be there. Knock, and he will open the door for you. Matthew 7:7-12	14 Repent Anyone who comes to God and repents is granted forgiveness in Christ. There are no exceptions. Ezekiel 18:21-28	15 Love All Never be stingy with your love. Let it flow to all, just as Christ's love flowed to all on the cross. Matthew 5:43-48
23 Spring Up The water that Jesus gives springs up and gushes forth to quench our thirst for righteousness. John 4:5-45	24 Cleansed We are washed clean of the leprosy of sin in our lives through the waters of Baptism which flow over us. 2 Kings 5:1-15b	25 God With Us Jesus came to be with us in the flesh so that we might be free from the sins of the flesh through his perfect life. Isaiah 7:10-14; 8:10	19 By Faith By faith, we hope against all hope and believe that every word spoken by our God is true. Romans 4:13, 16-18, 22	20 Stay Rooted Even in drought, we still produce fruit and stay rooted in God's promises. We are not to be anxious or afraid. Jeremiah 17:5-10	21 Rejected Jacob sent Joseph to his brothers, who sent him away. God sent his Son to his own people, who rejected him. Genesis 37:3-4, 12-13a	22 Cast Out Our God casts out our sins and tramples them underfoot so that they are never seen again. Micah 7:14-15, 18-20
26 Fulfillment The Law cannot be glossed over. It must be fulfilled. Jesus is the only one who can obey the Law fully. Matthew 5:17-19	27 No Division A house divided against itself will not stand. We must work together in the Lord's house to do his will. Luke 11:14-23	28 Love Wins Love is more powerful than any burnt offerings or sacrifices. So love fully with all your heart and strength. Mark 12:28-34	29 Have Mercy Seek mercy from the Lord and show mercy toward one another. Never lord over others what the Lord has given you. Luke 18:9-14			

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30 New We are made new in Christ to do new things for him, serving as his ambassadors in every place. 2 Cor. 5:17-21	31 Healing Jesus said the word, and a little boy was healed. His words continue to heal us. John 4:43-54	APRIL 1 Stir Up Like the Pool at Bethsaida, Jesus stirred up his power and healed. Be stirred up to tell. John 5:1-16	2 Father to Son Only God the Father could give to God the Son the divine ability to grant us redemption. John 5:17-30	3 Love We deserve only God's wrath for our sins. But God responds with only his love. John 5:31-47	4 Who Is He? Some people wonder who Jesus is. But we know the truth: He is the Messiah. John 7:1-2, 10,25-30	5 Listen Up Listen closely to Jesus. Hear him speak of what he is doing. Believe and trust in him. John 7:40-53						
6 Come Out Lazarus came out of his tomb alive at the command of Christ. And so shall we. John 11:1-45	7 Light Jesus takes us out of the darkness of sin and takes us to the light of his grace. John 8:12-20	8 I Am He Jesus reveals himself as the Promised One of God by being lifted up on the cross for us. John 8:21-30	9 Children of God No longer slaves to sin, we are made children of God through the death of Christ. John 8:31-42	10 The Word Jesus kept his word by dying for our sins. We keep his word by glorifying him. John 8:51-59	11 Baptism Jesus returned to the place of his Baptism for rest. Return to your Baptism to find rest as well. John 10:31-42	12 Peace Jesus is at the heart of the covenant of peace God established with his people long ago. Ezekiel 37:21-28						
13 Blessed Is He Jesus enters Jerusalem amid shouts of blessing. Shouts of "Crucify!" will soon be heard. Luke 19:28-40	14 Offering Live your life as a fragrant offering to Jesus. Be extravagant in your devotion and service. John 12:1-11	15 Ready God made Jesus ready for his ultimate call. God makes us ready to do his will through him. Isaiah 49:1-6	16 Betrayed Judas betrayed Jesus for thirty pieces of silver. Jesus saved us through his precious blood. Matthew 26:14-25	<h2>The Paschal Triduum</h2> <p>from Holy Thursday evening through Easter Vigil Mass</p> <table border="0"> <tr> <td style="text-align: center;"> MAUNDY THURSDAY Washed Jesus humbly washed the feet of his disciples in the Upper Room. He washed our sins away on the cross. John 13:1-15 </td> <td style="text-align: center;"> GOOD FRIDAY Behold We behold our Savior on the cross and witness his compassion even with his dying breaths. John 18:1—19:42 </td> <td style="text-align: center;"> EASTER VIGIL In the Tomb Jesus is dead and buried on this day. End of story, it might seem. But a surprise finale is one day away. Romans 6:3-11 </td> </tr> <tr> <td colspan="3" style="text-align: center;"> EASTER SUNDAY Remember His Words With the women at the empty tomb, we remember the words of Jesus: "The Son of Man must...rise again." Luke 24:1-12 </td> </tr> </table>			MAUNDY THURSDAY Washed Jesus humbly washed the feet of his disciples in the Upper Room. He washed our sins away on the cross. John 13:1-15	GOOD FRIDAY Behold We behold our Savior on the cross and witness his compassion even with his dying breaths. John 18:1—19:42	EASTER VIGIL In the Tomb Jesus is dead and buried on this day. End of story, it might seem. But a surprise finale is one day away. Romans 6:3-11	EASTER SUNDAY Remember His Words With the women at the empty tomb, we remember the words of Jesus: "The Son of Man must...rise again." Luke 24:1-12		
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Traditional Lenten Disciplines

Worship & Meditation: During Lent, many congregations offer added opportunities for public worship and encourage their members to engage in more frequent and fervent prayer, Bible study and private meditation on the saving love of God in Jesus Christ.

Fasting & Abstinence: As an aid to devotional life, many Christians give up certain foods or activities through Lent. Some also set aside certain days for more rigorous fasting in the Lord's honor.

Almsgiving: Moved by the sacrifice of Christ, many Christians combine almsgiving with fasting, giving to the poor the money they saved by eating, drinking or buying less as they rely more upon God's abundant grace.

HOLY THURSDAY 7:30 PM
 MASS OF THE LORD'S SUPPER

GOOD FRIDAY 3:00 PM ~
 THE LORD'S PASSION

SOLEMN STATIONS 7:00 PM

HOLY SATURDAY 7:30 PM ~
 VIGIL MASS OF EASTER

EASTER SUNDAY 8:30 & 10:30

