

LENT 2024

Daily Mass Readings and Reflections for the Sacred Season

He himself bore our sins in his body upon the cross, so that, free from sin, we might live for righteousness.

— 1 Peter 2:24

Sunday

18 Into the Wild

We often enter into wild times in our lives when we are weak. But Christ will strengthen us.

Mark 1:12-15

Monday

19 You Shall Not

The commandments tell us what we shall not do. Our Savior says what we shall do: love.

Lev. 19: 1-2, 11-18

Tuesday

20 Rain Down

The Word that rains down from above brings growth deep into the soil of our souls.

Isaiah 55:10-11

Wednesday

14 FEBRUARY Ash Wed.

Turn from sin and return to God, who is abounding in love this Valentine's Day.

Joel 2:12-18

Thursday

15 Follow

Following Jesus means taking up your cross and enduring every hardship for him and his glory.

Luke 9:22-25

Friday

16 Undo

Loosen what binds, undo what straps you down, let go of heavy burdens to live for God.

Isaiah 58:1-9a

Saturday

17 Find Healing

Jesus heals the sickness of our sins through his forgiveness and saves room at his table for us.

Luke 5:27-32

25 Not Against

We can be confident that, in Jesus, God is not against us but always on our side.

Romans 8:31-34

26 Give and Receive

We receive from God far more than we deserve. We are called to be just as generous in our giving.

Luke 6:36-38

27 Humble Yourself

Instead of making yourself the focus, always point to the power of the Father.

Matthew 23:1-12

28 Two Sons

James and John asked for places of prominence. But only the Son of God has a place of honor.

Matthew 20:17-28

29 Rich in Spirit

Unlike the rich man, poor Lazarus was rich in faith. May we be rich in faith unto eternal glory.

Luke 16:19-31

1 MARCH The Heir

Jesus, the heir of heaven, was killed by tenants of earth. Yet, by his death, we all inherit life.

Matthew 21:33-43

2 Welcome Home

The Father greets with open arms all who come to him, repentant of their sins.

Luke 15:1-3, 11-32

3 Crucified

While others look to signs and wisdom for power, we preach Christ crucified.

1 Cor. 1:22-25

4 Hometown Boy

Jesus was not accepted in his hometown. How would he be accepted in our neighborhood?

Luke 4:24-30

5 Be a Blessing

How richly we have been blessed by God. How can we be a blessing to others?

Matthew 18:21-35

6 Forget Not

Don't forget the statutes of the Lord that he spoke to us. Share them with your children.

Deut. 4:1, 5-9

7 Stiff Necks

Never stay rigid in your resolve to do your own thing or follow your own way when God calls.

Jeremiah 7:23-28

8 Love God and Others

The Great Commandment comes in two parts: Love God, love others. Both are important.

Mark 12:28-34

9 Press On

Press on to know the Lord. For he desires mercy over sacrifice and is as sure as the dawn.

Hosea 6:1-6



Sunday

10 A Gift

Salvation in Jesus is a gift of God, undeserved grace not based on what we have done.

Ephesians 2:4-10

Monday

11 New Things

In Jesus, the former things will fade away, and new things will come to pass. So we rejoice.

Isaiah 65:17-21

Tuesday

12 Get Up and Go

Jesus revealed how we can be paralyzed by our sins. Forgiven, we get up and move in faith.

John 5:1-16

Wednesday

13 Day of Salvation

In the day of salvation, God will guide and guard, feed and nurture, help and heal you.

Isaiah 49:8-15

Thursday

14 Bear Witness

John the Baptist bore witness to Christ. The Scriptures bear witness to him. We do too.

John 5:31-47

Friday

15 Know Him

Unlike many in his day, we know where Jesus comes from. He comes from the Father.

John 7:1-2, 10, 25-30

Saturday

16 Lamb

Jesus is the Lamb of God sacrificed in our stead. We will remember his name forever.

Jeremiah 11:18-20

17 Lifted Up

When Jesus is lifted up on the Cross, all people will be drawn to him like a magnet.

John 12:20-33

18 Stones

Instead of casting stones against each other, we should look to the Rock of our salvation.

John 8:1-11

19 Name Him Jesus

We call on the name of Jesus because we know that he will save us from our sins.

Matt. 1:16, 18-21, 24

20 Set Free

We are set free and no longer slaves to sin by the sacrifice of Jesus, our Redeemer.

John 8:31-42

21 Covenant

The covenant God made with Abraham is fulfilled in the life of Jesus.

Genesis 17:3-9

22 A Warrior

Our God is a warrior for us and does battle against all who seek to attack us.

Jeremiah 20:10-13

23 The Plot Thickens

The plot against Jesus thickened when the rulers saw his influence growing. Are we influenced?

John 11:45-56

24 Hosanna

When Jesus entered Jerusalem, people shouted *hosanna* (save us!). We shout *hosanna* too.

Mark 11:1-10

25 God's Servant

Jesus was God's servant, whose suffering fulfilled the work of salvation on our behalf.

Isaiah 42:1-7

26 Rescue Mission

Jesus is on a rescue mission to reclaim the people of God and bring them back to him.

Isaiah 49:1-6

27 Face Like Flint

No whip or slap or spit would keep Jesus from his determination to face the Cross head on.

Isaiah 50:4-9

The Paschal Triduum

from Holy Thursday evening
through Easter Vigil Mass

HOLY THURSDAY
Taste and See

In the bread and the wine, Christ's Body and Blood, we taste and see that the Lord is good.

1 Cor. 11:23-26

GOOD FRIDAY
Finished

The sacrifice of the Lord for our salvation is completed when Jesus declares from the Cross, "It is finished!"

John 18:1—19:42

EASTER VIGIL
Buried

We are buried with Christ through our Baptism that we may walk in newness of life when he is risen.

Romans 6:3-11

EASTER SUNDAY
On the Run

We race to the empty tomb with Peter and John to see that Jesus is not there. He had risen, just as he said.

John 20:1-9

Traditional Lenten Disciplines

Fasting & Abstinence: Catholics aged 14 and older abstain from meat on Ash Wednesday, Good Friday and all the Fridays of Lent. In addition, on Ash Wednesday and Good Friday, Catholics from age 18-59 fast, limiting themselves to one full meal and two smaller meals each day.

Prayer: Catholics are encouraged to pray more during Lent, especially with Scripture. Lent is also an ideal time to receive the Sacrament of Reconciliation in preparation for the celebration of Christ's Passion, Death and Resurrection.

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.