

# 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

Wednesday

Thursday

Friday

Saturday

**14** FEBRUARY  
Ash Wed.

Turn from sin  
and return to  
God, who is  
abounding in  
love this Valen-  
tine's Day.  
Joel 2:12-18

**15** Follow

Following Jesus  
means taking up  
your cross and  
enduring every  
hardship for him  
and his glory.  
Luke 9:22-25

**16** Undo

Loosen what  
binds, undo  
what straps you  
down, let go of  
heavy burdens  
to live for God.  
Isaiah 58:1-9a

**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

Sunday

Monday

Tuesday

**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

**19** You Shall  
Not

The command-  
ments tell us  
what we shall  
not do. Our Sav-  
ior says what we  
shall do: love.  
Lev. 19:1-2, 11-18

**20** Rain  
Down

The Word that  
rains down from  
above brings  
growth deep  
into the soil of  
our souls.  
Isaiah 55:10-11

**21** Sign of  
Jonah

Like Jonah  
before him,  
Jesus preaches  
repentance. Will  
we, like the Nin-  
evites, repent?  
Luke 11:29-32

**22** Who Is  
Jesus?

Are we, like  
Peter, ready to  
announce that  
Jesus is the  
Christ, the Son of  
the living God?  
Matthew 16:13-19

**23** Be  
Reconciled

Don't wait  
around to come  
to terms with  
people. Drop  
everything to  
reconcile.  
Matthew 5:20-26

**24** Declare

God declares  
that we are  
precious to him.  
Let us declare to  
him that we will  
listen and obey.  
Deut. 26:16-19

**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 gener-  
ous in our giving.  
Luke 6:36-38

**27** Humble  
Yourself

Instead of mak-  
ing 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 Laza-  
rus 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  
greet us 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 Com-  
mandment  
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

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

10 A Gift

Salvation in Jesus is a gift of God, undeserved grace not based on what we have done.  
Ephesians 2:4-10

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

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

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

14 Bear Witness

John the Baptist bore witness to Christ. The Scriptures bear witness to him. We do too.  
John 5:31-47

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

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

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.

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