

Sunday, Mar 29, 2026

Find solace in the psalms

In an interview after his release from captivity, Servite Father Lawrence Martin Jenco, one of the hostages held in Lebanon for 564 days in the 1980s, said that the prayers and psalms he had learned as a child gave him the greatest solace during a long incarceration filled with cruel and severe deprivations. Jesus found similar comfort during his torture and death. His last words from the cross, according to the Gospels of Mark and Matthew, were: “My God, my God, why have you forsaken me?” a line from Psalm 22, one of the many psalms Jesus would have learned as a boy. Memorize a psalm today that will give you comfort in your hour of need.

PALM SUNDAY OF THE PASSION OF THE LORD

Isaiah 50:4-7; Philippians 2:6-11; Matthew 26:14-27:66 (37/38).

“My God, my God, why have you forsaken me?”

Monday, Mar 30, 2026

Do you have Jesus’ back?

The last time we saw Martha and Mary together, they were weeping at the tomb of their brother, Lazarus. But now all three of them are having a dinner party for Jesus and the disciples at their home in Bethany. They do not know the religious authorities are planning to put Lazarus to death because his second chance at life is leading many to believe in Jesus. Nor do Martha, Mary, and Lazarus suspect that Jesus is about to be betrayed to those same authorities by one sitting at their table. Sharing the cup with Jesus only signifies friendship with him if we back it up once we’ve left the table. Are you ready to stand by Jesus and stand up for radical love?

MONDAY OF HOLY WEEK

Isaiah 42:1-7; John 12:1-11 (257). *“I, the LORD, have called you for the victory of justice.”*

Tuesday, Mar 31, 2026

Put knowledge to good use

What can be said about Judas, the apostle who committed the ultimate betrayal in history, handing over Jesus to his executioners for money? Like the other apostles, Judas knew the Lord—indeed, he knew Him well enough to identify Him to the authorities. But what did Judas do with that knowledge? He chose to exploit it. Ironically, had he used his knowledge of Jesus for the good of others rather than for a few meager silver pieces, he would have been glorified. Instead, he died by his own hand and lives in ignominy. Holy Week invites us to reflect on what we will do with our own knowledge of the Lord: whether we will allow it to transform us, or merely use it for our own ends.

TUESDAY OF HOLY WEEK

Isaiah 49:1-6; John 13:21-33, 36-38 (258). *“Amen, amen, I say to you, one of you will betray me.”*

Wednesday, Apr 01, 2026

Look for the signs

If you’re reading a suspenseful book or watching a scary movie, you can always tell when evil is about to intrude. In the moments of quiet before the unleashing of the stormy action, you’ll normally find telltale signs—a foreboding phrase or an ominous change in the music. Wednesday of Holy Week is the moment of quiet before the events of Jesus’ suffering, death, and Resurrection begin to rapidly unfold. The sign of what is to come is that Judas

agrees to betray Jesus and begins looking for opportunities to hand him over. What opportunities are you looking for today? Do they support Christ, or betray him?

WEDNESDAY OF HOLY WEEK

Isaiah 50:4-9a; Matthew 26:14-25 (259). *“From that time on he looked for an opportunity to hand him over.”*

Thursday, Apr 02, 2026

Your humble servant, Lord

Today begins the Triduum (Latin for “space of three days”), during which we celebrate the central mystery of our faith: Christ’s Passion and Resurrection. Jesus calls his disciples to do as he has done: namely, love and serve one another. But what does Jesus mean by service? For Jesus, service always involves humbling oneself for the sake of another’s salvation. Jesus washes his disciples’ feet so that they may come to understand what true discipleship is. Jesus suffers, dies, and rises so that each of us may know the path to eternal life. Now it is up to us to choose discipleship and follow that path of love and service.

THURSDAY OF HOLY WEEK (HOLY THURSDAY)

Exodus 12:1-8, 11-14; 1 Corinthians 11:23-26; John 13:1-15 (39). *“Master, are you going to wash my feet?”*

Friday, Apr 03, 2026

Say a prayer for spiritual courage

Sadder than the betrayal of a false friend is the denial of a true one. We might imagine that Judas had a false bottom in his heart: It’s the place where he kept his money. But Peter’s heart was full of genuine love and admiration for Jesus, so what went wrong in the courtyard of the high priest? Not bribery or a loss of faith, but something far simpler overcame Peter: fear. Many of us modern followers of Jesus might admit in an honest hour that fear is one of the greatest enemies of our own friendship with Jesus. Pray for spiritual courage, so that your witness may remain constant.

FRIDAY OF THE LORD’S PASSION (GOOD FRIDAY);

DAY OF ABSTINENCE

Isaiah 52:13-53:12; Hebrews 4:14-16, 5:7-9; John 18:1-19:42 (40). *“They said to him, ‘You are not one of his disciples, are you?’ He denied it and said, ‘I am not.’”*

Saturday, Apr 04, 2026

Watch and wait

Today the church does two things. It waits and fasts at the tomb of Jesus. Then, when night falls, it celebrates the vigil of his Resurrection. Tonight, we keep vigil around the Easter fire, and as we wait, we tell the stories of how we got here—in particular, how God got us here. Jesus’ empty tomb unveils the deepest mysteries of faith and all we hope for as Christians. If you are able to participate in a vigil liturgy tonight, you’ll be standing on the holiest ground: the place where we follow Christ into glory and welcome new and eternal life (and, in many communities, new members of Christ’s risen Body, the church).

HOLY SATURDAY; EASTER VIGIL

Genesis 1:1-2:2; Genesis 22:1-18; Exodus 14:15-15:1; Isaiah 54:5-14; Isaiah 55:1-11; Baruch 3:9-15, 32-4:4; Ezekiel 36:16-17a, 18-28; Romans 6:3-11; Matthew 28:1-10 (41). *“He is not here, for he has been raised just as he said. Come and see the place where he lay.”*

Invest just five minutes a day, and your faith will deepen and grow—a day at a time



© 2026 TrueQuest Communications. All rights reserved. Noncommercial reprints permitted with the following credit: Reprinted with permission from TakeFiveForFaith.com. Scripture citations from the New American Bible Revised Edition. **Signup for free daily email available at TakeFiveForFaith.com/subscribe.**