

Holy Week Lenten Reading Plan

Palm Sunday – The Lord’s Triumphal Entry

Readings: Matthew 21:1-11 | Psalm 118:1-2, 19-29

Reflection: Jesus is hailed as King, yet His path leads to the cross. Reflect on how our praise of God is expressed through humility and obedience.

Questions for Meditation:

1. Do I recognize Jesus as King in my daily life?
2. Where am I tempted to choose comfort over discipleship?
3. How can I follow Christ even when the path is difficult?

Practical Action: Attend the procession or pray the *Stations of the Cross* to enter the journey of Holy Week.

Monday – Cleansing the Temple

Readings: John 12:1-11 | Psalm 36:5-6, 7-8, 9-10

Reflection: Jesus calls us to purify our hearts. What “temples” in our lives need cleansing of sin or distractions?

Questions for Meditation:

4. What prevents me from fully worshiping God?
5. How can I simplify my life to focus on Christ this week?
6. Which areas of my heart need repentance?

Practical Action: Perform a small act of penance or reconciliation.

Tuesday – Teaching in the Temple

Readings: Matthew 21:23-46 | Psalm 118:1-2, 19-29

Reflection: Jesus teaches about justice and mercy. Consider His call to live faithfully even under scrutiny.

Questions for Meditation:

7. Do my words and actions reflect God’s justice?
8. Am I merciful toward those who wrong me?

9. How can I bear witness to my faith authentically?

Practical Action: Practice an act of charity or kindness today.

Wednesday – Betrayal and Preparation

Readings: Matthew 26:14-25 | Psalm 41:2-3, 5-6, 12-13

Reflection: Judas betrays Jesus. Reflect on our own susceptibility to sin and the power of God's grace to transform us.

Questions for Meditation:

10. Where do I struggle with temptation?

11. How can I seek God's guidance in difficult decisions?

12. What steps can I take to remain faithful in daily life?

Practical Action: Spend extra time in silent prayer, asking for strength against sin.

Holy Thursday – The Last Supper

Readings: John 13:1-15 | Psalm 116:12-13, 15-16, 17-18

Reflection: Jesus washes the disciples' feet, teaching humility and service. Reflect on the Eucharist as the source of our spiritual strength.

Questions for Meditation:

13. How do I serve others in my daily life?

14. How can I participate more reverently in the Eucharist?

15. What "footwashing" acts of love can I offer this week?

Practical Action: Attend Mass of the Lord's Supper if possible or spend time adoring the Blessed Sacrament.

Good Friday – The Passion and Death of Christ

Readings: John 18:1–19:42 | Psalm 31:2-3, 6, 15-16, 17, 25

Reflection: Jesus suffers and dies for our salvation. Unite your own crosses with His.

Questions for Meditation:

16. What personal crosses can I offer to God in union with Christ?

17. Where in my life do I need forgiveness or healing?

18. How can I accept suffering with faith and love?

Practical Action: Participate in the Stations of the Cross or venerate the cross prayerfully.

Holy Saturday – Waiting at the Tomb

Readings: Luke 23:44-56 | Psalm 31:2, 6, 12-13, 15-16, 17, 25

Reflection: The tomb seems silent, yet hope is coming. Trust in God’s promises even in moments of darkness.

Questions for Meditation:

19. Where do I feel “in the tomb” in my own life?

20. Do I trust that God is still working even when I cannot see it?

21. How can I prepare my heart for the joy of resurrection?

Practical Action: Spend time in quiet reflection or prayerful preparation for the Easter Vigil.

Easter Sunday – The Resurrection

Readings: John 20:1-9 | Psalm 118:1-2, 16-17, 22-23

Reflection: Christ is risen! Celebrate the victory of life over death and sin. Reflect on new life in Christ and the grace to live transformed lives.

Questions for Meditation:

22. How has God brought new life into my heart this Lent?

23. In what ways can I share the joy of the Resurrection with others?

24. How can I continue the habits of prayer, fasting, and almsgiving beyond Lent?

Practical Action: Attend Mass, rejoice in the Resurrection, and commit to living out your renewed faith.