



ADVENT SCRIPTURE CHALLENGE

One Gospel. Ten Minutes a Day.



We must understand that our
whole life should be an "advent."
in vigilant expectation of Christ's final coming.

To prepare our hearts to welcome the Lord
who, as we say in the Creed,
will come one day to judge the living
and the dead,
we must learn to recognize
his presence in the events of daily life.

Advent is then a period of intense
training that directs us decisively
to the One who has already come,
who will come and who
continuously comes.

+St John Paul II

Lectio Divina

Lectio Divina (or Divine Reading) is a way of becoming immersed with Sacred Scripture in a deeply personal way. It is a way of developing a closer relationship with God by reflecting prayerfully on His words. The stages of Lectio Divina have been described as compass points around a circle, with the Holy Spirit moving seamlessly between them.

Prepare

Place yourself in the presence of God and ask the Holy Spirit for help.

Read (Lectio)

Read the Scripture passage slowly a couple of times. Pay attention to any words or phrases that seem to stand out. Wait patiently for God's guidance.

Reflect (Meditatio)

Place your self in the passage. What is God trying to tell me? How is this relevant in my life?

Respond (Oratio)

Talk to God about the passage. Consider recording your thoughts in a prayer journal. Respond to Our Lord's message with a resolution to act or to change or to just simply listen in prayer.

Rest (Contemplatio)

Sit quietly in the Presence of God. Relish your time with Our Lord.

First Week of Advent

Sunday, November 30, 2026:
Matthew 24:37-44
Monday, December 1, 2026:
Matthew 8:5-11
Tuesday, December 2, 2026:
Luke 10:21-24
Wednesday, December 3, 2026:
Matthew 15:29-37
Thursday, December 4, 2026:
Matthew 7:21, 24-27
Friday, December 5, 2026:
Matthew 9:27-31
Saturday, December 6, 2026:
Matthew 9:35-10:1, 5a, 6-8

Second Week of Advent

Sunday, December 7, 2026
Matthew 3:1-12
Monday, December 8, 2026:
Luke 1:26-38
Tuesday, December 9, 2026:
Matthew 18:12-14
Wednesday, December 10, 2026:
Matthew 11:28-30
Thursday, December 11, 2026:
Matthew 11:11-15
Friday, December 12, 2026:
Luke 1:26-38 or Luke 1:39-47
Saturday, December 13, 2026:
Matthew 17:9a, 10-13

Third Week of Advent

Sunday, December 14, 2026
Matthew 11:2-11
Monday, December 15, 2026:
Matthew 21:23-27
Tuesday, December 16, 2026:
Matthew 21:28-32
Wednesday, December 17, 2026:
Matthew 1:1-17
Thursday, December 18, 2026:
Matthew 1:18-25
Friday, December 19, 2026:
Luke 1:5-25
Saturday, December 20, 2026:
Luke 1:26-38

Fourth Week of Advent

Sunday, December 21, 2026
Matthew 1:18-24
Monday, December 22, 2026:
Luke 1:46-56
Tuesday, December 23, 2026:
Luke 1:57-66
Wednesday, December 24, 2026:
Luke 1:67-79

Christmas and Octave

Thursday, December 25, 2026

Vigil: Matthew 1:1-25 or 1:18-25

Night: Luke 2:1-14

Dawn: Luke 2:15-20

Day: John 1:1-18 or 1:1-5,9-14

Friday, December 26, 2026

Matthew 10:17-22

Saturday, December 27, 2026

John 20:1a, 2-8

Sunday, December 28, 2026

Matthew 2:13-18, 19-23

Monday, December 29, 2026

Luke 2:22-35

Tuesday, December 30, 2026

Luke 2:36-40

Wednesday, December 31, 2026

John 1:1-18

Mary Mother of God to Epiphany

Thursday, January 1, 2025

Luke 2:16-21

Friday, January 2, 2025

John 1:19-28

Saturday, January 3, 2025

John 1:29-34

Epiphany

Sunday, January 4, 2025

Matthew 2:1-12



O Antiphons

December 17

O Wisdom of our God Most High,
guiding creation with power and love:
come to teach us the path of knowledge!

December 18

O Leader of the House of Israel,
giver of the Law to Moses on Sinai:
come to rescue us with your mighty power!

December 19

O Root of Jesse's stem,
sign of God's love for all his people:
come to save us without delay!

December 20

O Key of David,
opening the gates of God's eternal Kingdom:
come and free the prisoners of darkness!

December 21

O Radiant Dawn,
splendor of eternal light, sun of justice:
come and shine on those who dwell in darkness and in the
shadow of death.

December 22

O King of all nations and keystone of the Church:
come and save man, whom you formed from the dust!

December 23

O Emmanuel, our King and Giver of Law:
come to save us, Lord our God!

Jesus has chosen to show me
the only way which
leads to the Divine Furnace of love;
it is the way of childlike self-surrender,
the way of a child who sleeps,
afraid of nothing,
in its father's arms.

A God who became so small
could only be mercy and love.

+St Thérèse of Lisieux



Catholic Diocese of Arlington
Office of Faith Formation