

Holy Lent Reading Program



*“Devils take great
delight in fullness,
and drunkenness
and bodily comfort.
Fasting possesses
great power and
it works glorious
things.”*

St. Athanasius the Great

Daily Reading
Luke Chapter 1, 1-38



Day 01



Holy Lent



Day 02

*“Above anything,
welcome silence, for
it brings fruits that
no tongue can speak
of, neither can it be
explained.”*

St. Isaac the Syrian



Holy Lent

Daily Reading
Luke Chapter 1, 39-80

*“Do not be surprised
that you fall every
day; do not give
up, but stand your
ground courageously.
And assuredly, the
angel who guards
you will honour your
patience.”*

St. John Climacus

***Daily Reading
Luke Chapter 2, 1-24***



Day 03



Holy Lent



Day 04

*“Nothing you see
equals prayer it
makes the impossible
possible the difficult
easy, and the crooked
way straight.”*

St. John Chrysostom



Holy Lent

Daily Reading
Luke Chapter 2, 25-52

*“Lust hath these
three companions:
the first, blindness of
understanding; the
second, hardness of
heart; the third, want
of grace.”*

St. Basil the Great

***Daily Reading
Luke Chapter 3***



Day 05



Holy Lent



Day 06

“For a true fast, you cannot fast only with your mouth. You must fast with your eyes, your ears, your feet, your hands, and all parts of your body.”

St. John Chrysostom

Daily Reading
Luke Chapter 4



Holy Lent



Day 07

*“I do not worship
matter; I worship the
Creator of matter who
became matter for my
sake.”*

St. John of Damascus

***Daily Reading
Luke Chapter 5***



Holy Lent



Day 08

“Fasting and self-control are a double wall of defense and whoever lives within them enjoys great peace.”

St. Gregory

Daily Reading
Luke Chapter 6



Holy Lent



Day 09

*“For what good is it if
we abstain from food,
but bite and devour
our brothers and
sisters?”*

St. John Chrysostom

***Daily Reading
Luke Chapter 7***



Holy Lent



Day 10

*“To fast is to banquet
with angels.”*

St. Athanasius the Great

***Daily Reading
Luke Chapter 8***



Holy Lent

“If you are an ardent reader, seek not brilliant and erudite texts; otherwise the demon of haughtiness will strike your heart. But like a wise bee that gathers honey from flowers, so also through your reading obtain healing for your soul.”

St. Ephrem the Syrian

Daily Reading
Luke Chapter 9, 1-36



Day 11



Holy Lent



Day 12

“Humility is the only virtue that no devil can imitate. If pride made demons out of angels, there is no doubt that humility could make angels out of demons.”

St. John Climacus



Holy Lent

Daily Reading
Luke Chapter 9, 37-62

*“There is love like
a small lamp, which
goes out when the oil
is consumed; or like a
stream which dries up
when it doesn’t rain.*

*But there is a love
that is like a mighty
spring gushing up out
of the earth; it keeps
flowing forever, and
is inexhaustible.”*

St. Isaac the Syrian

***Daily Reading
Luke Chapter 10***



Day 13



Holy Lent



Day 14

*“They who sow
courtesy reap
friendship, and they
who plant kindness
gather love.”*

St. Basil the Great

***Daily Reading
Luke Chapter 11***



Holy Lent



Day 15

*“Obedience is the
burial of the will and
the resurrection of
humility.”*

St. John Climacus



Holy Lent

***Daily Reading
Luke Chapter 12, 1-31***

“If you see your neighbor in sin, don’t look only at this, but also think about what he has done or does that is good, and infrequently try this in general, while not partially judging, you will find that he is better than you.”

St. Basil the Great

Daily Reading
Luke Chapter 12, 32-59



Day 16



Holy Lent



Day 17

*"True knowledge is
found only among
those genuinely
worshiping God."*

St. John Cassian

***Daily Reading
Luke Chapter 13***



Holy Lent

*“Humility is the only
thing that no devil can
imitate.”*

St. John Climacus

***Daily Reading
Luke Chapter 14***



Day 18



Holy Lent

“As they shed their blood for their brothers, the martyrs provided “The same kind of meal” as they had received at the Lord’s table. Let us then love one another as Christ also Loved us and gave himself up for us.”

St. Augustine of Hippo

Daily Reading
Luke Chapter 15



Day 19



Holy Lent

*"If you begin to guard
wealth it will not be
yours. But if you begin
to distribute it, you
will not lose it."*

St. Basil the Great

Daily Reading
Luke Chapter 16



Day 20



Holy Lent



Day 21

*“The whole earth is a
living icon of the face
of God.”*

St. John of Damascus

***Daily Reading
Luke Chapter 17***



Holy Lent



Day 22

“Humility is constant forgetfulness of one’s achievements.”

St. John Climacus

Daily Reading
Luke Chapter 18



Holy Lent



Day 23

*“Prayer is the place
of refuge for every
worry, a foundation
for cheerfulness, a
source of constant
happiness, a
protection against
sadness.”*

St. John Chrysostom



Holy Lent

***Daily Reading
Luke Chapter 19***

“The sun penetrates crystal and makes it more dazzling. In the same way, the sanctifying Spirit indwells in souls and makes them more radiant. They become like so many powerhouses beaming grace and love around them.”

St. Basil the Great

Daily Reading
Luke Chapter 20



Day 24



Holy Lent

“It happens, I do not know how, that most of the proud never really discover their true selves. They think they have conquered their passions and they find out how poor they really are only after they die.”

St. John Climacus

Daily Reading
Luke Chapter 21



Day 25



Holy Lent

*“Do you fast? Prove it
by doing good works.
If you see someone
in need, take pity on
them. If you see a
friend being honored,
don’t get jealous of
him.”*

St. John Chrysostom

Daily Reading
Luke Chapter 22, 1-38



Day 26



Holy Lent

“When you have become God’s in the measure he desires, then he himself will bestow you upon others; unless, to your greater glory, he chooses to keep you all to himself.”

St. Basil the Great

Daily Reading
Luke Chapter 22, 39-71



Day 27



Holy Lent

*“Humility, in its turn,
can be achieved only
through faith, fear of
God, gentleness and
the shedding of all
possessions.”*

St. John Cassian

Daily Reading
Luke Chapter 23



Day 28



Holy Lent



Day 29

*“The bread you store
up belongs to the
hungry; the cloak
that lies in your chest
belongs to the naked;
the gold you have
hidden in the ground
belongs to the poor.”*

St. Basil the Great



Holy Lent

***Daily Reading
Luke Chapter 24***



Day 30

“Repentance lifts a man up. Mourning knocks at heaven’s gate. Holy humility opens it.”

St. John Climacus



Holy Lent

Daily Reading
John Chapter 1



Day 31

*“All of our holy fathers
knew this and all with
one accord teach that
perfection in holiness
can be achieved only
through humility.”*

St. John Cassian



Holy Lent

***Daily Reading
John Chapter 2***



Day 32

"A tree is known by its fruit; a man by his deeds. A good deed is never lost; he who sows courtesy reaps friendship, and he who plants kindness gathers love."

St. Basil the Great



Holy Lent

Daily Reading
John Chapter 3



Day 33

“But if you look at things which are lawful and safe you increase your fast, for what you see with your eyes influences your conduct.”

St. John Chrysostom



Holy Lent

Daily Reading
John Chapter 4, 1-30



Day 34



*“Whoever is guided
solely by his own
judgment and
decision will never
climb up to the
summit of perfection
and will not fail to
be the victim of the
devil’s ruinous power
to delude.”*

St. John Cassian

***Daily Reading
John Chapter 4, 31-54***

Holy Lent



Day 35

*“A servant of the Lord
stands bodily before
men, but mentally
he is knocking at the
gates of heaven with
prayer.”*

St. John Climacus



Holy Lent

***Daily Reading
John Chapter 5***



Day 36

*“Beside each believer
stands an Angel
as protector and
shepherd, leading
him to life.”*

St. Basil the Great



Holy Lent

Daily Reading
John Chapter 6, 1-40



Day 37

“A clear rule for self-control handed down by the Fathers is this: stop eating while still hungry and do not continue until you are satisfied.”

St. John Cassian



Holy Lent

Daily Reading
John Chapter 6, 41-71

*“Do not stop praying
as long as, by God’s
grace, the fire and the
water have not been
exhausted, for it may
happen that never
again in your whole
life will you have such
a chance to ask for the
forgiveness for your
sins.”*

St. John Climacus

***Daily Reading
John Chapter 7, 1-24***



Day 38



Holy Lent



Day 39

*“No other virtue
makes man more
equal to the angels,
than the imitation of
their way of life.”*

St. John Cassian



Holy Lent

Daily Reading
John Chapter 7, 25-53



Day 40

“Every evil is a sickness of the soul, but virtue offers the cause of its health.”

St. Basil the Great



Holy Lent

Daily Reading
John Chapter 8, 1-30



Day 41

*"We should realize
that there are three
sources for our
thoughts- God, the
devil, and ourselves."*

St. John Cassian



Holy Lent

Daily Reading
John Chapter 8, 31-59



Day 42

*“Faith furnishes
prayer with wings,
without which it
cannot soar to
Heaven.”*

St. John Climacus



Holy Lent

***Daily Reading
John Chapter 9***



Day 43

*“Do not become a
disciple of one who
praises himself, in
case you learn pride
instead of humility.”*

St. Mark the Evangelist



Holy Lent

***Daily Reading
John Chapter 10***

“Let us fast an acceptable and very pleasing fast to the Lord. True fast is the estrangement from evil, temperance of tongue, abstinence from anger, separation from desires, slander, falsehood, and perjury. Privation of these is true fasting.”

St. Basil the Great

Daily Reading
John Chapter 11, 1-29



Day 44



Holy Lent



Day 45

*“Curb your tongue
with rages to leap into
arguments. Seventy
times seven in the
day wrestle with this
tyrant.”*

St. John of the Ladder



Holy Lent

Daily Reading
John Chapter 11, 30-57



Day 46

*“Let us not slacken
our resolve nor be
without hope, for
with every breath
that we take our Lord
Jesus Christ gives
us opportunity for
repentance.”*

St. Macarius the Great



Holy Lent

***Daily Reading
John Chapter 12***

*“The man who pets a
lion may tame it, but
the man who coddles
the body makes it
ravenous.”*

St. John Climacus

***Daily Reading
John Chapter 13***



Day 47



Holy Lent

*“Recognize in this
bread what hung on
the cross and in this
chalice, what flowed
from His Side”*

St. Augustine of Hippo



Pascha Week

