

ONE%TM CHALLENGE

The Evangelical Catholic, Inc.



GET TO KNOW JESUS THIS LENT

The 1% CHALLENGETM will help you get to know Jesus by taking 1% of your day (15 minutes) to pray with scripture.

ASK ▶ 3 MINUTES

Begin in the name of the Father, and the Son, and the Holy Spirit. Take a moment to be still, rest, and know that Jesus is here. Ask Jesus to help you get to know Him during the prayer time.

SEEK ▶ 7 MINUTES

Seek to know Jesus by reading the day's scripture passage. Reflect on what He said; what He did; how He interacted with others; and how He felt. Reread the scripture passage. Speak to Jesus about what it means for you. Ask Him what He wants you to know. Take a few minutes to listen.

KNOCK ▶ 5 MINUTES

Ask for what you need and what others need. Thank Him for being with you today. Close with an Our Father. End in the name of the Father, and the Son, and the Holy Spirit.



Holy Apostles
CATHOLIC PARISH AND SCHOOL

DAILY SCRIPTURE PASSAGES

- 3.6 ▶ **ASH WEDNESDAY**
Matthew 6:1-6, 16-18
Pray, Fast, Give Alms
- 3.7 ▶ Luke 9:22-25
Follow Me
- 3.8 ▶ Matthew 9:14-15
Question about Fasting
- 3.9 ▶ Luke 5:27-32
The Call of Levi
- 3.10 ▶ Luke 4:1-13
Temptation of Jesus
- 3.11 ▶ Matthew 25:31-46
Judgement of the Nations
- 3.12 ▶ Matthew 6:7-15
Teaching about Prayer
- 3.13 ▶ Luke 11:29-32
Demand for a Sign
- 3.14 ▶ Matthew 7:7-12
Answer to Prayers
- 3.15 ▶ Matthew 5:20-26
Teaching about Anger
- 3.16 ▶ Matthew 5:43-48
Love of Enemies
- 3.17 ▶ Luke 9:28B-36
Transfiguration of Jesus
- 3.18 ▶ Luke 6:36-38
Judging Others
- 3.19 ▶ Luke 2:41-51A
Boy Jesus in the Temple
- 3.20 ▶ Matthew 20:17-28
Prediction of the Passion
- 3.21 ▶ Luke 16:19-31
Rich Man and Lazarus
- 3.22 ▶ Matthew 21:33-43, 45-46
Tenants in the Vineyard
- 3.23 ▶ Luke 15:1-3, 11-32
Parable of the Lost Son
- 3.24 ▶ Luke 13:1-9
A Call to Repentance
- 3.25 ▶ **ANNUNCIATION of the LORD**
Luke 1:26-38
Angel Gabriel with Mary
- 3.26 ▶ Matthew 18:21-35
The Unforgiving Servant
- 3.27 ▶ Matthew 5:17-19
Teaching about the Law
- 3.28 ▶ Luke 11:14-23
Jesus and Beelzebul
- 3.29 ▶ Mark 12:28-34
Greatest Commandment
- 3.30 ▶ Luke 18:9-14
Pharisee & Tax Collector
- 3.31 ▶ Luke 15:1-3, 11-32
Parable of the Lost Son
- 4.1 ▶ John 4:43-54
Jesus Heals Official's Son
- 4.2 ▶ John 5:1-16
Healing at the Pool
- 4.3 ▶ John 5:17-30
The Work of the Son
- 4.4 ▶ John 5:31-47
Witnesses to Jesus
- 4.5 ▶ John 7:1-2, 10, 25-30
Is He the Messiah?
- 4.6 ▶ John 7:40-53
Who is Jesus?
- 4.7 ▶ John 8:1-11
Woman Caught in Adultery
- 4.8 ▶ John 8:12-20
The Light of the World
- 4.9 ▶ John 8:21-30
The Father's Ambassador
- 4.10 ▶ John 8:31-42
The Truth Will Set You Free
- 4.11 ▶ John 8:51-59
I AM before Abraham
- 4.12 ▶ John 10:31-42
Jesus is Rejected
- 4.13 ▶ John 11:45-56
The Plot Against Jesus
- 4.14 ▶ **PALM SUNDAY**
Luke 19:28-40
Entry into Jerusalem
- 4.15 ▶ John 12:1-11
Jesus is Anointed
- 4.16 ▶ John 13:21-33, 36-38
Announcement of Betrayal
- 4.17 ▶ Matthew 26:14-25
The Betrayal by Judas
- 4.18 ▶ **HOLY THURSDAY**
John 13:1-15
Washing of Disciples' Feet
- 4.19 ▶ **GOOD FRIDAY**
John 18:1 - 19:42
The Passion
- 4.20 ▶ Luke 24:1-12
Resurrection of Jesus
- 4.21 ▶ **EASTER SUNDAY**
John 20:1-9
The Empty Tomb

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