

**Choose one of the following Scriptures to read and meditate upon for your penance.**



**ST. THOMAS AQUINAS**  
CATHOLIC CHURCH

**Mark 2: 1-12**

When Jesus returned to Capernaum after some days, it became known that he was at home. Many gathered together so that there was no longer room for them, not even around the door, and he preached the word to them.

They came bringing to him a paralytic carried by four men. Unable to get near Jesus because of the crowd, they opened up the roof above him. After they had broken through, they let down the mat on which the paralytic was lying.

When Jesus saw their faith, he said to the paralytic, “Child, your sins are forgiven.”

Now some of the scribes were sitting there asking themselves, “Why does this man speak that way? He is blaspheming. Who but God alone can forgive sins?”

Jesus immediately knew in his mind what they were thinking to themselves, so he said, “Why are you thinking such things in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Rise, pick up your mat and walk’?”

But that you may know that the Son of Man has authority to forgive sins on earth”—he said to the paralytic, “I say to you, rise, pick up your mat, and go home.” He rose, picked up his mat at once, and went away in the sight of everyone.

They were all astounded and glorified God, saying, “We have never seen anything like this.”



**ST. THOMAS AQUINAS**  
CATHOLIC CHURCH

**Matthew 6: 1-18**

“[But] take care not to perform righteous deeds in order that people may see them; otherwise, you will have no recompense from your heavenly Father. When you give alms, do not blow a trumpet before you, as the hypocrites do in the synagogues and in the streets to win the praise of others. Amen, I say to you, they have received their reward.

But when you give alms, do not let your left hand know what your right is doing, so that your almsgiving may be secret. And your Father who sees in secret will repay you.

“When you pray, do not be like the hypocrites, who love to stand and pray in the synagogues and on street corners so that others may see them. Amen, I say to you, they have received their reward.

But when you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you. In praying, do not babble like the pagans, who think that they will be heard because of their many words.

Do not be like them. Your Father knows what you need before you ask him.

“This is how you are to pray:

Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread;  
and forgive us our debts,  
as we forgive our debtors;  
and do not subject us to the final test,  
but deliver us from the evil one.

If you forgive others their transgressions, your heavenly Father will forgive you. But if you do not forgive others, neither will your Father forgive your transgressions.

“When you fast, do not look gloomy like the hypocrites. They neglect their appearance, so that they may appear to others to be fasting. Amen, I say to you, they have received their reward.

But when you fast, anoint your head and wash your face, so that you may not appear to others to be fasting, except to your Father who is hidden. And your Father who sees what is hidden will repay you.



**ST. THOMAS AQUINAS**  
CATHOLIC CHURCH

**Luke 23:32-43**

Now two others, both criminals, were led away with him to be executed.

When they came to the place called the Skull, they crucified him and the criminals there, one on his right, the other on his left.

[Then Jesus said, “Father, forgive them, they know not what they do.”]

They divided his garments by casting lots.

The people stood by and watched; the rulers, meanwhile, sneered at him and said, “He saved others, let him save himself if he is the chosen one, the Messiah of God.” Even the soldiers jeered at him.

As they approached to offer him wine they called out, “If you are King of the Jews, save yourself.” Above him there was an inscription that read, “This is the King of the Jews.”

Now one of the criminals hanging there reviled Jesus, saying, “Are you not the Messiah? Save yourself and us.”

The other, however, rebuking him, said in reply, “Have you no fear of God, for you are subject to the same condemnation? And indeed, we have been condemned justly, for the sentence we received corresponds to our crimes, but this man has done nothing criminal.”

Then he said, “Jesus, remember me when you come into your kingdom.”

He replied to him, “Amen, I say to you, today you will be with me in Paradise.”



**ST. THOMAS AQUINAS**  
CATHOLIC CHURCH

**John 7: 53-8:11**

Then each went to his own house, while Jesus went to the Mount of Olives.

But early in the morning he arrived again in the temple area, and all the people started coming to him, and he sat down and taught them.

Then the scribes and the Pharisees brought a woman who had been caught in adultery and made her stand in the middle. They said to him, “Teacher, this woman was caught in the very act of committing adultery. Now in the law, Moses commanded us to stone such women. So what do you say?” They said this to test him, so that they could have some charge to bring against him.

Jesus bent down and began to write on the ground with his finger.

But when they continued asking him, he straightened up and said to them, “Let the one among you who is without sin be the first to throw a stone at her.”

Again he bent down and wrote on the ground. And in response, they went away one by one, beginning with the elders.

So he was left alone with the woman before him. Then Jesus straightened up and said to her, “Woman, where are they? Has no one condemned you?”

She replied, “No one, sir.”

Then Jesus said, “Neither do I condemn you. Go, [and] from now on do not sin any more.”]