

# 2025 Lenten Readings from St. Gregory of Narek

Let Narek be your spiritual guide through Lent this year. The following readings are thematically linked to the six Sundays of Lent. They are arranged in a gradual progression from confession to profession of faith and designed to be a spiritual exercise in self-examination leading to reconciliation in the Resurrection of our Lord.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>March 2</b> Barekendan of Lent	<b>March 3</b> Lent begins	<b>March 4</b>	<b>March 5</b>	<b>March 6</b>	<b>March 7</b>	<b>March 8</b> St. Theodore
<b>1</b> – The Voice of a Sighing Heart <b>10b</b> – I will build an edifice of faith	<b>2a</b> – My heavy-laden soul <b>3a-b</b> – A new book of Psalms sings within me	<b>66a</b> – Who can say I have a pure heart? <b>8</b> – What will you do, my lost soul?	<b>27</b> – “I have sinned” is a blessed prayer	<b>4</b> – No putting off the day of confrontation <b>28f-g</b> – A remedy for the salvation of our souls	<b>17a-b</b> – Keeper of imperiled souls	<b>25</b> – The ways of my life are like the waves of the sea
<b>March 9</b> 2nd Sunday of Lent - Expulsion from Eden	<b>March 10</b>	<b>March 11</b>	<b>March 12</b>	<b>March 13</b>	<b>March 14</b>	<b>March 15</b> St. Cyril
<b>28a</b> – How much of the hidden will be revealed? <b>18c</b> – Make whole as in the Garden of Eden <b>46d</b> – Why did you lose heavenly glory, like Adam?	<b>66b</b> – Lord of compassion, fount of mercies	<b>81a</b> – The guardian angels serve and plea for us	<b>87c-d</b> – do not abandon me in the frailty of old age	<b>67b</b> – Look at me, a broken palm tree, spilled wine	<b>73a</b> – Blessed Lord, only You can turn blame to praise	<b>24</b> – What am I worthy to ask of you in prayer?
<b>March 16</b> 3rd Sunday of Lent - Prodigal Son	<b>March 17</b>	<b>March 18</b>	<b>March 19</b>	<b>March 20</b>	<b>March 21</b>	<b>March 22</b> Sts. John of Otsun, Orotni, Gregory of Tatev
<b>47</b> – Receive my entreaty, like the Prodigal Son’s <b>71c</b> – I am the prodigal son	<b>88</b> – This book will cry out in my place, with my voice, as if it were me	<b>89</b> – God who bears no grudges	<b>90c-d</b> – May the Troublemaker’s weapons run out	<b>9d</b> – A dew drop of your grace is exhilaration	<b>39</b> – I am a living book	<b>13a</b> – Three persons, one mystery <b>34c</b> – Holy Trinity, Godhead beyond words <b>34e</b> – Equal in power
<b>March 23</b> 4th Sunday of Lent – Steward	<b>March 24</b>	<b>March 25</b>	<b>March 26</b> Median of Lent	<b>March 27</b>	<b>March 28</b>	<b>March 29</b> Forty Martyrs of Sebastia
<b>43</b> – Your law book is grace	<b>29a</b> – Shepherd to the lost sheep	<b>45a-b</b> – Confess as if the heart’s secrets were voiced	<b>15</b> – You were called Shepherd, for not only did you care, but you sought	<b>91c</b> – Give me rest, I am exhausted from the multitude of cares and toil	<b>55f</b> – I did not fix my soul’s eye on the straight path	<b>41</b> – before dawning of your glory, sins melt away
<b>March 30</b> 5th Sunday of Lent – Judge	<b>March 31</b>	<b>April 1</b>	<b>April 2</b>	<b>April 3</b>	<b>April 4</b>	<b>April 5</b> St. Gregory’s commitment to the pit
<b>64</b> – You judge justly and weigh fairly, O God. <b>22d-e</b> – I have risen against myself like a harsh prosecutor <b>5</b> – How shall I come before your judgment, Just Judge	<b>51b</b> – If we flee, you come after us	<b>42</b> – Remember me when you go to your kingdom	<b>55a</b> – On the wings of my soul I have soared through the generations of mankind	<b>83</b> – Root out the vile ways of this world and plant the good in me	<b>56</b> – The agents of death – my sinister heart, my gossiping mouth . . .	<b>57</b> – What is impossible for me is easy for you. <b>1b</b> – The dungeon and shackles at my threshold <b>16a</b> – You cut the fetters of death.
<b>April 6</b> 6th Sunday of Lent – Advent	<b>April 7</b> Annunciation	<b>April 8</b>	<b>April 9</b>	<b>April 10</b>	<b>April 11</b>	<b>April 12</b> Raising of Lazarus
<b>44a</b> – Light who took human form <b>12</b> – I long not so much for the gifts as for the Giver	<b>80</b> - Holy Mother of God, angel in bodily form <b>75</b> - This spiritual, heavenly mother, cared for me as a son.	<b>85</b> – Strengthen me to fight the good fight	<b>34m</b> – Truly you hear, kind God. <b>18</b> – Hear my prayers, when I cry “Lord”, in my time of need.	<b>9a</b> – Iniquities greater than Ararat	<b>53e</b> – Grant me the salve of life	<b>33b</b> – Let the bouquet of this book fill the world like the fragrant oil in the house of Lazarus
<b>April 13</b> Palm Sunday	<b>April 14</b>	<b>April 15</b> 10 Virgins	<b>April 16</b>	<b>April 17</b> Holy Thursday	<b>April 18</b> Holy Friday	<b>April 19</b> Easter Eve
<b>84</b> – Heavenly monarch, exalted king <b>49</b> – Remembering your royal kingdom above	<b>7a</b> – a small teardrop from the eye defeats the Tempter’s evil platoon	<b>61a</b> – always be vigilant <b>86a</b> – Unprepared, with lamps extinguished for lack of oil <b>93j</b> – oil – mark of grace and light	<b>43</b> – You do not need ointments to heal our wounds	<b>82a-b</b> – Through the holy apostles, prepare the way to bliss <b>50c</b> – I am like Peter caught in his act of denial	<b>77</b> - Holy Friday, the most awesome day of Lent	<b>94</b> – Your ingenious wisdom turns the darkness of death into morning
<b>April 20</b> Easter	For the full text of the Narek and more information about St. Gregory of Narek and his book of Prayer, see <a href="https://www.arak29.org/stgregoryofnarek">https://www.arak29.org/stgregoryofnarek</a>					
<b>95</b> – Sun of justice, ray of blessings	The Prayer Book is available from the Prelacy Bookstore, St.Vartan Bookstore, NAASR, Abril Bookstore					

