



UNITÀ PASTORALE 20 PERUGIA

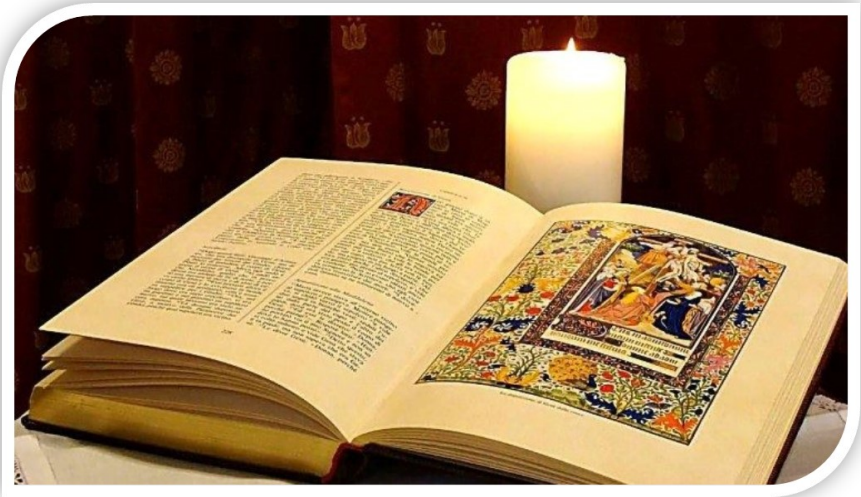
*"Lampada per i miei passi è la
tua parola"*

(Sal 119,105)



Per scrutare
la Sacra Scrittura...

Come poter leggere un brano biblico



La Lectio divina

Lascia che la parola di Dio fruttifichi in te, compiendo cinque passi secondo l'antica prassi della *Lectio divina*...



Chiedi il dono dello Spirito Santo;



Leggi il brano biblico;



Chiediti cosa dice il testo in sé, quale è il suo messaggio principale;



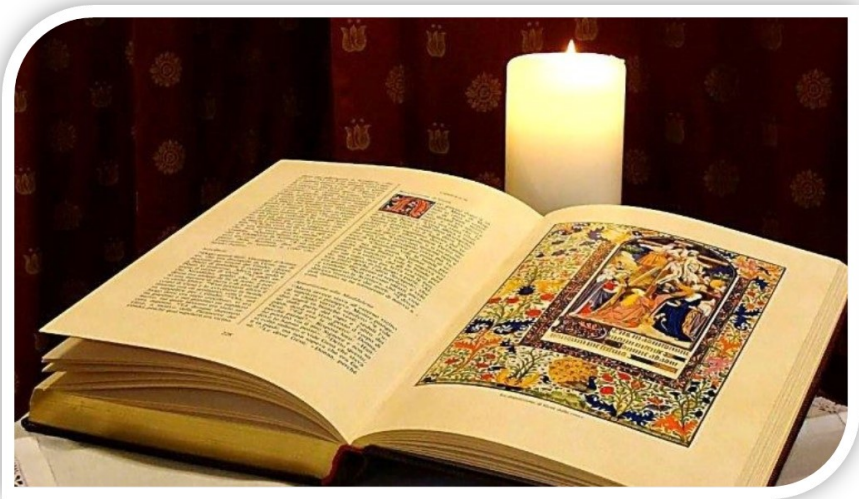
Chiediti poi cosa il testo biblico dice a te, alla tua vita, alla tua storia;



Infine, rispetto a quanto letto e meditato, quale conversione della vita mi chiede il Signore?

Se poi hai qualche dubbio o ti sorgono domande mentre stai meditando non dimenticare che puoi sempre farti aiutare dalle note al testo o confrontarti con un sacerdote o con il tuo padre spirituale.

Come poter leggere La Bibbia in un anno



Il calendario

Gennaio

Grn	Mattino	Sera	Grn	Mattino	Sera
1	Gen 1-2	Mt 1	16	Gen 38-40	Mt 12,22-50
2	Gen 3-5	Mt 2	17	Gen 41	Mt 13,1-32
3	Gen 6-8	Mt 3	18	Gen 42-43	Mt 13,33-58
4	Gen 9-11	Mt 4	19	Gen 44-45	Mt 14,1-21
5	Gen 12-14	Mt 5,1-26	20	Gen 46-48	Mt 14,22-36
6	Gen 15-17	Mt 5,27-48	21	Gen 49-50	Mt 15,1-20
7	Gen 18-19	Mt 6	22	Es 1-3	Mt 15,21-39
8	Gen 20-22	Mt 7	23	Es 4-6	Mt 16
9	Gen 23-24	Mt 8	24	Es 7-8	Mt 17
10	Gen 25-26	Mt 9,1-17	25	Es 9-10	Mt 18,1-20
11	Gen 27-28	Mt 9,18-38	26	Es 11-12	Mt 18,21-35
12	Gen 29-30	Mt 10,1-23	27	Es 13-15	Mt 19,1-15
13	Gen 31-32	Mt 10,24-42	28	Es 16-18	Mt 19,16-30
14	Gen 33-35	Mt 11	29	Es 19-21	Mt 20,1-16
15	Gen 36-37	Mt 12,1-21	30	Es 22-24	Mt 20,17-34
			31	Es 25-26	Mt 21,1-22

Febbraio

Grn	Mattino	Sera	Grn	Mattino	Sera
1	Es 27-28	Mt 21,23-46	16	Lev 22-23	Mc 1,1-22
2	Es 29-30	Mt 22,1-22	17	Lev 24-25	Mc 1,23-45
3	Es 31-33	Mt 22,23-46	18	Lev 26-27	Mc 2
4	Es 34-36	Mt 23,1-22	19	Nm 1-2	Mc 3,1-21
5	Es 37-38	Mt 23,23-39	20	Nm 3-4	Mc 3,22-35
6	Es 39-40	Mt 24,1-22	21	Nm 5-6	Mc 4,1-20
7	Lev 1-3	Mt 24,23-51	22	Nm 7	Mc 4,21-41
8	Lev 4-6	Mt 25 1-30	23	Nm 8-10	Mc 5,1-20
9	Lev 7-8	Mt 25,31-46	24	Nm11-13	Mc 5,21-43
10	Lev 10-12	Mt 26,1-19	25	Nm14-15	Mc 6,1-32
11	Lev 13	Mt 26,20-54	26	Nm16-17	Mc 6,33-56
12	Lev 14	Mt 26,55-75	27	Nm 18-20	Mc 7
13	Lev 15-17	Mt 27,1-31	28	Nm 21-23	Mc 8,1-21
14	Lev 18-19	Mt 27,32-66			
15	Lev 20-21	Mt 28,1-20			

Marzo

Grn	Mattino	Sera	Grn	Mattino	Sera
1	Nm 24-26	Mc 8,22-38	16	Dt 28	Mc 15,27- 47
2	Nm 27-29	Mc 9,1-29	17	Dt 29-30	Mc 16
3	Nm 30-31	Mc 9,30-50	18	Dt 31-32	Lc 1,1-23
4	Nm 32-33	Mc 10,1-31	19	Dt 33-34	Lc 1,24- 56
5	Nm 34-36	Mc 10,32-52	20	Gs 1-3	Lc 1,57-80
6	Dt 1-2	Mc 11,1-19	21	Gs 4-6	Lc 2,1-24
7	Dt 3-4	Mc 11,20-33	22	Gs 7-8	Lc 2,25-52
8	Dt 5-7	Mc 12,1-27	23	Gs 9-10	Lc 3
9	Dt 8-10	Mc 12,28-44	24	Gs 11-13	Lc 4,1-32
10	Dt 11-13	Mc 13,1-13	25	Gs 14-15	Lc 4,33-44
11	Dt 14-16	Mc 13,14-37	26	Gs 16-18	Lc 5,1-16
12	Dt 17-19	Mc 14,1-25	27	Gs 19-20	Lc 5,17-39
13	Dt 20-22	Mc 14,26 50	28	Gs 21-22	Lc 6,1-26
14	Dt 23-25	Mc 14,51-72	29	Gs 23-24	Lc 6,27-46
15	Dt 26-27	Mc 15,1-26	30	Gdc 1-2	Lc 7,1-30
			31	Gdc 3-5	Lc 7,31-50

Aprile

Grn	Mattino	Sera	Grn	Mattino	Sera
1	Gdc 6-7	Lc 8,1-21	16	1Sam 22-24	Lc 15,11-32
2	Gdc 8-9	Lc 8,22-56	17	1Sam 25-26	Lc 16,1-18
3	Gdc 10-11	Lc 9,1-36	18	1Sam 27-29	Lc 16,19-31
4	Gdc 12-14	Lc 9,37-62	19	1Sam 30-31	Lc 17, 1-19
5	Gdc 15-17	Lc 10,1-24	20	2Sam 1-3	Lc 17,20-37
6	Gdc 18-19	Lc 10,25-42	21	2Sam 4-6	Lc 18,1-17
7	Gdc 20-21	Lc 11,1-28	22	2Sam 7-9	Lc 18,18-43
8	1Sam 1-3	Lc 11,29-54	23	2Sam 10-12	Lc 19,1-28
9	1Sam 4-6	Lc 12,1-34	24	2Sam 13-14	Lc 19,29-48
10	1Sam 7-9	Lc 12,35-59	25	2Sam 15-16	Lc 20,1-26
11	1Sam 10-12	Lc 13,1-21	26	2Sam 17-18	Lc 20,27-47
12	1Sam 13-14	Lc 13,22-35	27	2Sam 19-20	Lc 21,1-19
13	1Sam 15-16	Lc 14,1-24	28	2Sam 21-22	Lc 21,20-38
14	1Sam 17-18	Lc 14,25-35	29	2Sam 23-24	Lc 22,1-30
15	1Sam 19-21	Lc 15,1-10	30	1Re 1-2	Lc 22,31-53

Maggio

Grn	Mattino	Sera	Grn	Mattino	Sera
1	1Re 3-5	Lc 22,54-71	16	2Re 18-19	Gv 6,1-21
2	1Re 6-7	Lc 23,1-26	17	2Re 20-22	Gv 6,22-44
3	1Re8-9	Lc 23,28-38	18	2Re 23-25	Gv 6,45-71
4	1Re 10-11	Lc 23,39-56	19	Is 1-3	Gv 7,1-31
5	1Re 12-13	Lc 24,1-35	20	Is 4-6	Gv 7,32-53
6	1Re 14-15	Lc 24,36-53	21	Is 7-9	Gv 8,1-20
7	1Re 16-18	Gv 1,1-28	22	Is 10-12	Gv 8,21-36
8	1Re 19-20	Gv 1,29-51	23	Is 13-15	Gv 8,37-59
9	1Re 21-22	Gv 2	24	Is 16-18	Gv 9,1-23
10	2Re 1-3	Gv 3,1-21	25	Is 19-21	Gv 9,24-41
11	2Re 4-5	Gv 3,22-36	26	Is 22-23	Gv 10,1-21
12	2Re 6-8	Gv 4,1-30	27	Is 24-26	Gv 10,22-42
13	2Re 9-11	Gv 4,31-54	28	Is 27-28	Gv 11,1-17
14	2Re 12-14	Gv 5,1-24	29	Is 29-30	Gv 11,18-46
15	2Re 15-17	Gv 5,25-47	30	Is 31-33	Gv 11,47-57
			31	Is 34-36	Gv 12,1-19

Giugno

Grn	Mattino	Sera	Grn	Mattino	Sera
1	Is 37-38	Gv 12,20-50	16	Ger 7-8	At 2,1-13
2	Is 39-40	Gv 13,1-17	17	Ger 9-10	At 2,14-47
3	Is 41-42	Gv 13,18-38	18	Ger 11-13	At 3
4	Is 43-44	Gv 14	19	Ger 14-16	At 4,1-22
5	Is 45-47	Gv 15	20	Ger 17-19	At 4,23-37
6	Is 48-49	Gv 16,1-15	21	Ger 20-22	At 5,1-16
7	Is 50-52	Gv 16,16-33	22	Ger 23-34	At 5,17-42
8	Is 53-55	Gv 17	23	Ger 25-26	At 6
9	Is 56-58	Gv 18,1-23	24	Ger 27-28	At 7,1-19
10	Is 59-61	Gv 18,24-40	25	Ger 29-30	At 7,20-43
11	Is 62-64	Gv 19,1-22	26	Ger 31-32	At 7,44-60
12	Is 65-66	Gv 19,23-42	27	Ger 33-35	At 8,1-25
13	Ger 1-2	Gv 20	28	Ger 36-37	At 8,36-40
14	Ger 3-4	Gv 21	29	Ger 38-39	At 9,1-22
15	Ger 5-6	At 1	30	Ger 40-42	At 9,23-43

Luglio

Grn	Mattino	Sera	Grn	Mattino	Sera
1	Ger 43-45	At 10,1-23	16	Ez 29-31	At 19,21-41
2	Ger 46-48	At 10,24-48	17	Ez 32-33	At 20,1-16
3	Ger 49-50	At 11	18	Ez 34-35	At 20,17-38
4	Ger 51-52	At 12	19	Ez 36-37	At 21,1-14
5	Ez 1-3	At 13,1-23	20	Ez 38-39	At 21,15-40
6	Ez 4-6	At 13,24-52	21	Ez 40	At 22
7	Ez 7-9	At 14	22	Ez 41-42	At 23,1-11
8	Ez 10-12	At 15,1-21	23	Ez 43-44	At 23,12-35
9	Ez 13-15	At 15,22-41	24	Ez 45-46	At 24
10	Ez 16	At 16,1-15	25	Ez 47-48	At 25
11	Ez 17-19	At 16,16-40	26	Os 1-4	At 26
12	Ez 20-21	At 17,1-15	27	Os 5-8	At 27,1-25
13	Ez 22-23	At 17,16-34	28	Os 9-11	At 27,26-44
14	Ez 24-26	At 18	29	Os 12-14	At 28,1-15
15	Ez 27-28	At 19,1-20	30	Gl 1-3	At 28,16-31
			31	Am 1-3	Rm 1

Agosto

Grn	Mattino	Sera	Grn	Mattino	Sera
1	Am 4-6	Rm 2	16	Zc 13-14	Rm 15,1-20
2	Am 7-9	Rm 3	17	Ml 1-3	Rm 15,21-33
3	Abd 1	Rm 4	18	Est 1	Rm 16
4	Gn 1-4	Rm 5	19	Est 2-3	1Cor 1
5	Mi 1-3	Rm 6	20	Est 4-5	1Cor 2
6	Mi 4-5	Rm 7	21	Est 6-7	1Cor 3
7	Mi 6-7	Rm 8,1-18	22	Est 8-9	1Cor 4
8	Na 1-3	Rm 8,19-39	23	Est 10	1Cor 5
9	Ab 1-3	Rm 9	24	Gdt 1-3	1Cor 6
10	Sof 1-3	Rm 10	25	Gdt 4-6	1Cor 7,1-24
11	Ag 1-2	Rm 11,1-21	26	Gdt 7-9	1Cor 7,25-40
12	Zc 1-3	Rm 11,22-36	27	Gdt 10-12	1Cor 8
13	Zc 4-6	Rm 12	28	Gdt 13-14	1Cor 9
14	Zc 7-9	Rm 13	29	Gdt 15-16	1Cor 10,1-13
15	Zc10-12	Rm 14	30	Tb 1-3	1Cor 10,14-33
			31	Tb 4-6	1Cor 11,1-15

Settembre

Grn	Mattino	Sera	Grn	Mattino	Sera
1	Tb 7-10	1Cor 11,16-34	16	Sap 1-3	2Cor 8
2	Tb 11-14	1Cor 12	17	Sap 4-5	2Cor 9
3	1Mac 1-3	1Cor 13	18	Sap 6,1-8,1	2Cor 10
4	1Mac 4-5	1Cor 14,1-20	19	Sap 8,2 - 11,3	2Cor 11,1-15
5	1Mac 6-8	1Cor 14,21-40	20	Sap 11,4-12,27	2Cor 11,16-33
6	1Mac 9-10	1Cor 15,1-32	21	Sap 13-15	2Cor 12
7	1Mac 11-12	1Cor 15,33-58	22	Sap 16-19	2Cor 13
8	1Mac 13-14	1Cor 16	23	Sir 1-3	Gal 1
9	1Mac 15-16	2Cor 1	24	Sir 4-6	Gal 2
10	2Mac 1-2	2Cor 2	25	Sir 7-9	Gal 3
11	2Mac 3-4	2Cor 3	26	Sir 10-12	Gal 4
12	2Mac 5-6	2Cor 4	27	Sir 13-15	Gal 5
13	2Mac 7-9	2Cor 5	28	Sir 16-18	Gal 6
14	2Mac 10-12	2Cor 6	29	Sir 19-21	Ef 1
15	2Mac 13-15	2Cor 7	30	Sir 22-23	Ef 2

Ottobre

Grn	Mattino	Sera	Grn	Mattino	Sera
1	Sir 24-26	Ef 3	16	Pr 5-6	1Ts 4
2	Sir 27-29	Ef 4	17	Pr 7-9	1Ts 5
3	Sir 30-32	Ef 5	18	Pr 9-10	2Ts 1
4	Sir 33-35	Ef 6	19	Pr 11-12	2Ts 2
5	Sir 36-38	Fil 1	20	Pr 13-14	2Ts 3
6	Sir 39,1 - 42,14	Fil 2	21	Pr 15-16	1Tm 1
7	Sir 42,15-43,33	Fil 3	22	Pr 17-18	1Tm 2
8	Sir 44-46	Fil 4	23	Pr 19-20	1Tm 3
9	Sir 47-49	Col 1	24	Pr 21-22	1Tm 4
10	Sir 51-52	Col 2	25	Pr 23-24	1Tm 5
11	Bar 1-3	Col3	26	Pr 25-27	1Tm 6
12	Bar 4-5	Col 4	27	Pr 28-29	2Tm 1
13	Bar 6 (Ep. Ger)	1Ts 1	28	Pr 30-31	2Tm 2
14	Pr 1-2	1Ts 2	29	Gb 1-3	2Tm 3
15	Pr 3-4	1Ts 3	30	Gb 4-6	2Tm 4
			31	Gb 7-9	Tt 1

Novembre

Grn	Mattino	Sera	Grn	Mattino	Sera
1	Gb 10-12	Tt 2	16	Ct 6-8	Eb 11,20-40
2	Gb 13-15	Tt 3	17	Rt 1-4	Eb 12
3	Gb 16-18	Flm	18	Lam 1-2	Eb 13
4	Gb 19-20	Eb 1	19	Lam 3-5	Gc 1
5	Gb 21-22	Eb 2	20	Qo 1-3	Gc 2
6	Gb 23-25	Eb 3	21	Qo 4-6	Gc 3
7	Gb 26-28	Eb 4	22	Qo 7-9	Gc 4
8	Gb 29-30	Eb 5	23	Qo 10-12	Gc 5
9	Gb 31-32	Eb 6	24	Dn 1-2	1Pt 1
10	Gb 33-34	Eb 7	25	Dn 3-4	1Pt 2
11	Gb 35-37	Eb 8	26	Dn 5-6	1Pt 3
12	Gb 38-39	Eb 9	27	Dn 7-8	1Pt 4
13	Gb 40-42	Eb 10,1-23	28	Dn 9-10	1Pt 5
14	Ct 1-3	Eb 10,24-39	29	Dn 11-12	2Pt 1
15	Ct 4-5	Eb 11,1-19	30	Esd 1-2	2Pt 2

Dicembre

Grn	Mattino	Sera	Grn	Mattino	Sera
1	Esd 3-5	2Pt 3	16	1Cr20-22	Ap 7
2	Esd 6-8	1Gv 1	17	1Cr 23-25	Ap 8
3	Esd 9-10	1Gv 2	18	1Cr 26-27	Ap 9
4	Ne 1-3	1Gv 3	19	1Cr 28-29	Ap 10
5	Ne 4-6	1Gv 4	20	2Cr 1-3	Ap 11
6	Ne 7-8	1Gv 5	21	2Cr 4-6	Ap 12
7	Ne 9-11	2Gv	22	2Cr 7-9	Ap 13
8	Ne 12-13	3Gv	23	2Cr 10-12	Ap14
9	1Cr 1-2	Gd	24	2Cr 13-16	Ap 15
10	1Cr 3-5	Ap 1	25	2Cr 17-19	Ap 16
11	1Cr 6-7	Ap 2	26	2Cr 20-22	Ap 17
12	1Cr 8-10	Ap 3	27	2Cr 23-25	Ap 18
13	1Cr 11-13	Ap 4	28	2Cr 26-28	Ap 19
14	1Cr 14-16	Ap 5	29	2Cr 29-31	Ap 20
15	1Cr 17-19	Ap 6	30	2Cr 32-33	Ap 21
			31	2Cr 34-36	Ap 22

Questo calendario è stato formulato da Mons. Pierbattista Pizza-
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