

Prayers for Lent

The annual Lenten season is the the fitting time when we climb the holy mountain of Easter. As we look forward to celebrating the Paschal Mystery we are urged to be ever more attentive to the word of God; readying ourselves for the renewal of our baptismal promises by undertaking penance, prayer, fasting and almsgiving.

Praying **The Stations of the Cross** and the recitation of the **Sorrowful Mysteries of the Rosary** are especially appropriate in Lent.

Prayers for a fruitful Lent

Dear Lord, we are now in the holy season of Lent. We begin to realize anew that these are the days of salvation, these are the acceptable days. We know that we are all sinners. We know that in many things we have all offended Your infinite majesty. We know that sin destroys Your life in us as a drought withers the leaves and chokes the life from the land, leaving an arid, dusty desert. Help us now, Lord, in our feeble attempts to make up for past sin. Bless our efforts with the rich blessing of Your grace. Make us realize ever more our need of penance and of mortification. Help us to see, in our ordinary difficulties and duties, in the trials and temptations of every day, the best opportunity of making up for past infidelities. Every day we are so often reminded in field and wood, in sky and stream, of Your own boundless generosity to us. Help us to realize that You are never outdone in generosity, and that the least thing we do for You will be rewarded, full measure, pressed down, shaken together, and flowing over. Then we shall see, in our own souls, how the desert can blossom, and the dry and wasted land can bring forth the rich, useful fruit that was expected of it from the beginning. Amen.

O gracious Master, infuse in our hearts the spotless light of Your Divine Wisdom and open the eyes of our mind that we may understand the teachings of Your Gospel. Instill in us also the wisdom of Your blessed commandments, so that having curbed all earthly desires, we may lead a spiritual life, both thinking and doing everything to please You. For You, O Christ, our God, are the enlightenment of our souls and bodies; and to You we render glory, together with Your eternal Father, and with Your all holy, life-creating Spirit, now and forever. Amen.

A Prayer for Spiritual Renewal in Lent

God, heavenly Father,
look upon me and hear my prayer
during this holy Season of Lent.
By the good works You inspire,
help me to discipline my body
and to be renewed in spirit.
Without You I can do nothing.
By Your Spirit help me to know what is right
and to be eager in doing Your will.
Teach me to find new life through penance.
Keep me from sin, and help me live
by Your commandment of love.
God of love, bring me back to You.
Send Your Spirit to make me strong
in faith and active in good works.
May my acts of penance bring me Your forgiveness,
open my heart to Your love,
and prepare me for the coming feast
of the Resurrection of Jesus.
Lord, during this Lenten Season,
nourish me with Your Word of life
and make me one
with You in love and prayer.
Fill my heart with Your love
and keep me faithful to the Gospel of Christ.
Give me the grace to rise above my human weakness.
Give me new life by Your Sacraments, especially the Mass.
Father, our source of life,
I reach out with joy to grasp Your hand;
let me walk more readily in Your ways.
Guide me in Your gentle mercy,
for left to myself I cannot do Your Will.
Father of love, source of all blessings,
help me to pass from my old life of sin
to the new life of grace.
Prepare me for the glory of Your Kingdom.
I ask this through our Lord Jesus Christ, Your Son,
Who lives and reigns with You and the Holy Spirit, one God, forever.
Amen.

A Prayer for Families by St Teresa of Calcutta

Heavenly Father, you have given us the model of life in the Holy Family of Nazareth. Help us, O Loving Father, to make our family another Nazareth where love, peace and joy reign. May it be deeply contemplative, intensely Eucharistic, revived with joy. Help us to stay together in joy and sorrow in family prayer. Teach us to see Jesus in the members of our families, especially in their distressing disguise.

May the Eucharistic heart of Jesus make our hearts humble like his and help us to carry out our family duties in a holy way.

May we love one another as God loves each one of us, more and more each day, and forgive each other's faults as you forgive our sins.

Help us, O Loving Father, to take whatever you give and give whatever you take with a big smile.

Immaculate Heart of Mary, cause of our joy, *pray for us.*

St. Joseph, *pray for us.*

Holy Guardian Angels, be always with us, guide and protect us. Amen.

A Children's Prayer for Lent

Lord, please show me what I should do or give up for Lent

And when I've done it or given it up

Remind me to pray to You instead

To thank You

To love You

To hear from You

Each and every day in Lent. Amen.

A Young Person's Prayer for Lent

Lord, Teach me a new freedom.

Freedom to reject comparison and to embrace uniqueness.

Freedom to cut ties with greed and feast on love.

Freedom to abstain from over indulgence and feast on self-control.

Freedom to leave behind selfish thoughts

and to focus on the needs of others.

Freedom to fend off insecurity and to embrace grace.

Lord, at this time of Lent, thank you for the freedom you bring. Amen.

A Prayer in Passiontide (from the Fifth Sunday of Lent)

Dear Lord Jesus,
by Your Passion and Resurrection
You brought life to the world.
But the glory of the Resurrection
came only after the sufferings of the Passion.
You laid down Your life willingly
and gave up everything for us.
Your body was broken and fastened to a Cross,
Your clothing became the prize of soldiers,
your blood ebbed slowly but surely away,
and Your Mother was entrusted to the beloved disciple.
Stretched out on the Cross,
deprived of all earthly possessions and human aid,
You cried out to Your Father that the end had come.
You had accomplished the work given You,
and You committed into His hands,
as a perfect gift,
the little life that remained to You.
Lord, teach me to accept all afflictions
after the example You have given.
Let me place my death in Yours
and my weakness in Your abandonment,
Take hold of me with Your love,
that same foolish love that knew no limits,
and let me offer myself to the Father
with You so that I may rise with You to eternal life. Amen.

A Prayer for Palm Sunday and Holy Week

In Holy Week, when the most bitter sufferings of Jesus Christ are put before us by the liturgy, the Church invites us to come to Calvary and follow in the blood-stained footsteps of the divine Redeemer, to carry the Cross willingly with him, to reproduce in our hearts his spirit of atonement and redemption, and to die together with him.

All-powerful, eternal God, you have chosen to give mankind a model of humility; our Saviour took on our flesh, and subjected himself to the Cross. Grant us the grace to preserve faithfully the lessons he has given us in his Passion and to have a share in his resurrection. This we ask of you through our Lord Jesus Christ, your Son. Amen.