

Remember that you are dust,  
and to dust you will return...



Turn away from sin,  
and be faithful to Christ...

---

**One Prayer a Day for Lent**

# One Prayer a Day for Lent

If time permits nothing else, use these prayers each day of Lent.

---

## The First Four Days of Lent

### Ash Wednesday

Lord, it feels like we are embarking on a Lenten journey together, you and I. The beautiful words in the today's prayer talk about the "quiet remembrance of our need for redemption."

That feels like what I am looking for - or what you are looking for in me. I want to remember how much I need you in my life and how much my life needs redemption. I want to remember it clearly and in the background of my day today and all through Lent.

On this special day, Ash Wednesday, may my small sacrifices in fasting be a way to clear away the clutter in my life to see you more clearly. May my longing for meat and other food, help me to focus my life today more outside myself. Let me be aware of those who are in so much more suffering than I am and may I be aware of them as the brothers and sisters you have placed in my life.

Lord, I know there is darkness within me and around me.

Bless these days with your Word. Let your Light shine in the darkness. Help me long for that Light until we celebrate it at the Easter Vigil six weeks from now. And most of all Lord, help me to honor this day with the ashes on my forehead. They help me remember where I have come from and where I am going.

May I acknowledge to you my sins and my deep need for your loving forgiveness and grace. I pray that this Lenten season will make me so much more aware of how much I need your healing in my life.

## Thursday After Ash Wednesday

Lord, let everything I do this day and in this season of Lent come from you, be inspired by you. I long to be closer to you.

Help me to remember that nothing is important in my life unless it glorifies you in some way. It's so easy to get caught up in the day to day of my life and keep saying, "Tomorrow, I will spend more time in prayer," but now my longing meets your love and I want to do it now. Help me to rely on you for help.

The prayer asks you that I reach perfection.

Please, Lord, remind me that "perfection" isn't the crazy, "successful" way I try to live my life, but a perfection of my most authentic, real self.

My "perfection" might be holding my many flaws in my open hands, asking you to help me accept them. Heal me, Lord, and help me to find you in the darkness of my life. Let me reach out in this darkness and feel your hand and love there to guide me.

## Friday After Ash Wednesday

Lord, I know how much you love me. It's hard for me to feel it sometimes, but I know your love is always with me.

Help me to use your love as a way to persevere in my Lenten intentions. I am weak, but I know with your help, I can use these small sacrifices in my life to draw closer to you.

## Saturday After Ash Wednesday

Loving creator, I am not asking to overcome my weakness, but to use it in some way to glorify you. Let me be aware of the many ways you reach out to help me today and let me stand in awe of the power that you use in such loving ways.



# First Week of Lent

---

## Sunday

Lord God, you who breathed the spirit of life within me. Draw out of me the light and life you created. Help me to find my way back to you. Help me to use my life to reflect your glory and to serve others as your son Jesus did.

## Monday

Loving God, you call us back to you with all of our hearts. I feel your call for me deep in my heart and I know you want me back as much as I want to return. Please, Lord, give me the wisdom to know how to return. Make my journey back to you this Lent one of grace, forgiveness and gentle love.

## Tuesday

Father of my soul, Mother of my heart, I know your love for me is limitless beyond imagining. You care for me as a loving parent. Through my smallest Lenten sacrifices, help me to become less selfish and more aware of your ways. Fan the flame of my desire to draw ever closer to you. Guide me to seek your love.

## Wednesday

Dear Lord, I know you receive what is in my heart. Let me be inspired by your words and by the actions of your son, Jesus. Guide me to make sacrifices this Lent in the spirit of self-denial and with greater attention to you and to those around me. Help me to believe that you will grant me this because of the sacrifice Jesus made for me.

# First Week of Lent

---

## Thursday

Lord, I'm not always eager to do your will. I'd often much rather do my own will. Please be with me on this Lenten journey and help me to remember that your own spirit can guide me in the right direction. I want to "fix" my weaknesses but the task seems overwhelming. But I know that with your help, anything can be done. With a grateful heart, I acknowledge your love and know that without you, I can do nothing.

## Friday

Creator of my Life, renew me: bring me to new life in you. Touch me and make me feel whole again. Help me to see your love in the passion, death and resurrection of your son. Help me to observe Lent in a way that allows me to celebrate that love.

Prepare me for these weeks of Lent as I feel both deep sorrow for my sins and your undying love for me.

## Saturday

Loving God, sometimes my heart turns in every direction except towards you. Please help me to turn my heart toward you, to gaze upon you in trust and to seek your kingdom with all of my heart. Soften my hardened heart so that I might love others as a way to glorify and worship you.

Grant me this with the ever-present guidance of your spirit.

*Prayer for the good of the soul  
Fasting for the good of the body  
Almsgiving for the good of our neighbor*

# Second Week of Lent

---

## Sunday

Loving God, there is so much darkness in my life and I hide from you. Take my hand and lead me out of the shadows of my fear. Help me to change my heart. Bring me to your truth and help me to respond to your generous love. Let me recognize the fullness of your love which will fill my life. Free me from the darkness in my heart.

## Monday

Lord, your commandment of love is so simple and so challenging. Help me to let go of my pride, to be humble in my penance. I want only to live the way you ask me to love, to love the way you ask me to live. I ask this through your son, Jesus, who stands at my side today and always.

## Tuesday

God in heaven and in my life, guide me and protect me. I so often believe I can save myself and I always end in failure. Lead me with your love away from harm and guide me on the right path. May your Spirit inspire the Church and make us an instrument of your love and guidance. Thank you for your care for me.

## Wednesday

God of Love, through this Lenten journey, purify my desires to serve you. Free me from any temptations to judge others, to place myself above others. Please let me surrender even my impatience with others, that with your love and your grace, I might be less and less absorbed with myself and more and more full of the desire to follow you, in laying down my life according to your example.

# Second Week of Lent

---

## Thursday

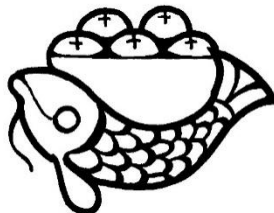
Loving God, I hear your invitation, "Come back to me" and I am filled with such a longing to return to you. Show me the way to return. Lead me this day in good works I do in your name and send your Spirit to guide me and strengthen my faith. I ask only to feel your love in my life today.

## Friday

Loving God, Caring parent, I am a child who so often turns my back on your love. Please accept my small acts of sorrow today and help to release me from the self-absorption that closes my heart to you. As I journey through Lent, let me remember the feast you have prepared for me in the resurrection and let me be filled with thanks to you.

## Saturday

God of infinite love, you shower me with limitless gifts in my life. In my every thought and action today guide me to the bright and loving light of your kingdom. Help me to be aware of the many ways you allow me to share in your life so intimately today. Thank you for the gifts you have placed in my life. Let me be grateful every moment of this day.



# Third Week of Lent

---

## Sunday

Loving Father, so many times I turn away from you and always you welcome me back. Your mercy and love gives me confidence. Thank you for the invitation to share, fast and pray so that you can form a new heart within me. Your powerful compassion for my weaknesses leads me to ask for mercy and await with great hope the Easter joy you share with us.

## Monday

Merciful God, Free your Church from the sins of this world and protect us from evil we see and the evil we prefer to ignore. We need your guidance, Lord for we cannot do this alone. Only with your help can we be saved. Thank you for your desire to save us and love us.

## Tuesday

God of infinite love, I thank you for this reminder of your love and your call that we be more patient, gentle and compassionate with others. Here in the middle of Lent, I turn to you to beg for your help. Please soften my heart. Help me to let go of judging others. I ask you this, in Jesus' name.

## Wednesday

God, you love me as your own child. May I bend my life and will toward you so that I might accept your teaching and guidance. I am so grateful for your support in my life, now and in the eternal life you are preparing for me. I beg for your help and Spirit in my life today.



# Third Week of Lent

---

## Thursday

Loving God, I hear your invitation, "Come back to me" and I am filled with such a longing to return to you. Show me the way to return. Lead me this day in good works I do in your name and send your Spirit to guide me and strengthen my faith.

I ask only to feel your love in my life today.

## Friday

God of Mercy, I feel my heart overflowing with your tenderness. I sense your loving touch deep within my soul.

I ask for your help in my weakness that I might be faithful to your word and I am so grateful that your mercy for my failings is as strong as your unbounded love for me.

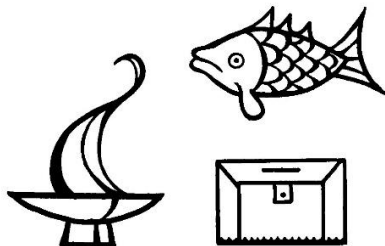
## Saturday

God of Mercy and Understanding,

I know that with help I can open my heart more fully to the mysteries of the suffering and death of your son.

Help me to be humble in this journey and remember that any mercy and compassion I feel is a gift from you.

I await the joy of Easter with new longing and patience.



# Fourth Week of Lent

---

## Sunday

Loving Creator of mine, I feel the pace quicken, the time draw near. I am filled with joy as I move toward Easter and the promised reconciliation with you. Teach me to follow the example of your Son, to be worthy of being called one his people: a Christian. Help me to live each day as he did turning hatred to love and conflict to peace. I await the new life with eagerness, faith and a deep gratitude.

## Monday

God who created me, you offer me new life through your Son and through the gift of your sacraments. While I see new life all around me, I don't always recognize the new life you offer me. Help me to grow this Lent in an awareness of the gifts you place in my life and in a greater appreciation for your care. Give me the courage to ask for help.

## Tuesday

Joyful praise in Lent? I'm not sure I always feel that. I ask you to help me prepare to understand and embrace the paschal mystery in my life. I don't always see the beauty and mystery of this season and often I run from the pain. Help me to see how your saving grace and your loving touch in my life can fill me with joyful praise of the salvation you have sent to me.

## Wednesday

Loving and merciful God, I am so aware of my sins and weaknesses. But as painfully aware of my faults as I am, let me also remember your tender love, your gentle and limitless forgiveness. I come before you filled with pain and guilt but look into your eyes and see the forgiving love I so long for in my life. Help me to forgive the same way. Teach me to love as you love.

# Fourth Week of Lent

---

## Thursday

Merciful Father/ Loving Mother, I know that the tiny sacrifices I make this Lent can never serve as a real penance in my life. But help me to make my whole life one of following your Son. I am filled with your love. Let your love shine out from within me and guide my life in this sacred journey toward the Easter joy you offer me.

## Friday

Loving God of forgiveness, I come before you humbled and sad in the face of my own repeated failings. I hold out my hands as a petitioner would, asking for mercy. It is then that I feel you reach out and take my hand in your loving grasp.

Thank you for the love you pour out on me so lavishly.

Help me to follow more closely in the path you have set for me, the path of your Son.

## Saturday

Lord, what you ask of my life seems so right. It is how I want to live, following your Son, Jesus, so closely. And yet I fail so often to stay on that path. I cannot do it alone, loving Lord.

I need your help and guidance. I need to remember your love for me and I want to remember how very much I need you in my life.

*Lord, this is the people that  
longs to see your face.*

# Fifth Week of Lent – Passiontide

---

## Sunday

My loving Lord, it's so hard to love the world sometimes and to love it the way Jesus did seems impossible. Help me to be inspired by his love and guided by his example.

Most of all, I want to accept that I can't do it alone, and that trying is an arrogance of self-centeredness.

I need you, dear God, to give me support in this journey. Show me how to unlock my heart so that I am less selfish.

Let me be less fearful of the pain and darkness that will be transformed by you into Easter joy.

## Monday

God of love, I know that you are the source of all that is good and graced in my life. Help me to move from the life of sin to which I so often cling, into the new life of grace you offer me. You know what I need to prepare for your kingdom. Bless me with those gifts.

## Tuesday

Loving God, You have heard my complaints, my impatience. Sometimes I become frightened when I move away from you. Guide my heart back to you. Help me to think beyond my own wants and to desire only to do you will. Thank you for the many blessings in my life and for the ways I feel your presence.

## Wednesday

Loving Creator, I know in your great love for me, you see the deep sorrow in my heart. Hear my prayers which are offered with such trust in you. Be with me in both mind and heart as I renew my life in your spirit.

# Fifth Week of Lent – Passiontide

---

## Thursday

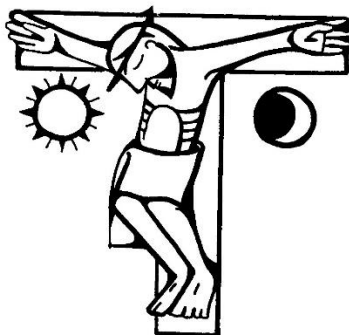
Lord, all I want is to be faithful to you in my life, but so often I fail. Free me from my many sins and guide me to the life I will share with you. I wait for your promise to be fulfilled with great hope in my heart and your praise on my lips.

## Friday

Most forgiving Lord, again and again you welcome me back into your loving arms. Grant me freedom from the heavy burdens of sin that weigh me down and keep me so far from you.

## Saturday

Loving God, your eternal watchfulness keeps me safe from harm. I am filled with a great happiness when I feel your endless love for me. Thank you for your care for me, one of your children. I ask you to protect from harm those who will soon be your children, joined in the joy of your church. Please continue to pour out your blessings on all of us who have been given the life giving waters of baptism.



# Holy Week

---

## Palm Sunday

Loving God, I am just beginning to realize how much you love me. Your son, Jesus was humble and obedient. He fulfilled your will for him by becoming human and suffering with us.

I ask you for the desire to become more humble so that my own life might also bear witness to you. I want to use the small sufferings I have in this world to give you glory.

Please, Lord, guide my mind with your truth.

Strengthen my life by the example of Jesus. Help me to be with Jesus in this week as he demonstrates again his total love for me.

He died so that I would no longer be separated from you.

Help me to feel how close you are and to live in union with you.

## Fig Monday

God of love, my prayer is simple: Your son, Jesus, suffered and died for me. I know only that I cannot have real strength unless I rely on you. I cannot feel protected from my many weaknesses until I turn to you for forgiveness and your unalterable love.

Help me to share this strength, protection and love with others.

## Temple Tuesday

God of such unwavering love, how do I "celebrate" the passion and death of Jesus? I often want to look the other way and not watch, not stay with Jesus in his suffering.

Give me the strength to see his love with honesty and compassion and to feel deeply your own forgiveness and mercy for me.

Help me to understand how to "celebrate" this week. I want be able to bring my weaknesses and imperfections with me as I journey with Jesus this week, so aware of his love.

# Holy Week

---

## Spy Wednesday

My savior, do you invite me to share in the glory of the resurrection? Please stay with me as I struggle to see how accepting the crosses of my life will free me from the power of the one who wants only to destroy my love and trust in you.

Help me to be humble and accepting like your son, Jesus. I want to turn to you with the same trust he had in your love. Save me, Lord. Only you can save me.

## Maundy Thursday

Loving Provider, you gather me in this upper room with your son, to be fed by your love. At that supper, Jesus told us to "love one another" and I know that is the heart of his gift, his sacrifice for me. I ask that I might find the source of my own heart, the meaning for my own life, in that Eucharist.

Guide me to the fullness of your love and life.

## Good Friday

My Lord, your son has suffered so much, shed so much blood. I was born with so many faults and my nature is so full of weakness, and yet your son Jesus has died on the cross, for me.

I know your grace has the power to cleanse me of my many sins and to make me more like your Son. Thank you for your goodness and love for me. I ask you, Father, to watch over me - always.

## Holy Saturday

O God, Creator of heaven and earth: Grant that, as the crucified body of your dear Son was laid in the tomb and rested on this holy Sabbath, so we may await with him the coming of the third day, and rise with him to newness of life; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

MRF + Lent 2016  
For Devotional Use Only