



5 Prayers You Should Pray this Lent

Index

A Prayer for Lent.....	3
A Lenten Prayer called the Passion.....	4
Country Prayer for Lent.....	5
Lenten Prayer.....	6
Lenten Prayer for Spiritual Renewal.....	7



A Prayer for Lent

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 fear of Your blessed
commandments, so that having
curbed all carnal 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 ever,
and forever.

Amen.

A Lenten Prayer called the Passion

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.

Country Prayer for 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.



Lenten Prayer

Almighty and Everlasting God,
You have given the human race
Jesus Christ our Savior as a
model of humility.

He fulfilled Your Will by
becoming Man

And giving His life on the Cross.

Help us to bear witness to You

By following His example
of suffering

And make us worthy to share in His
Resurrection.

We ask this through our Lord Jesus
Christ, Your Son.

Amen.

Lenten Prayer for Spiritual Renewal

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.