

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



# LENT 2023

REFLECT. REPENT. RESTORE.



FEBRUARY 22

### Ash Wednesday Lent Begins

Only love makes Christ believable. Only love makes sense out of Lent, out of the passion and death of Christ.



FEBRUARY 23

This Lenten journey is just beginning. Jesus, let this be a soul-filled adventure to be a font of grace and mercy to others.

FEBRUARY 24

Bringing one soul close to God, by repentance, is much better in the eyes of God than all the other offerings, for there is nothing in the world better than the human soul.

FEBRUARY 25

During Lent, if we forget everything else in our relationship with God, we need to remember that we are called into an unbreakable covenant with the Divine.

FEBRUARY 26

### First Sunday of Lent

Fasting is not simply giving something up; it's giving in to holiness. May your soul awaken at the dawn of this Lenten season to draw closer to Jesus.

FEBRUARY 27

One fact rings loud and clear from Calvary: where God's love is concerned, we mortals are ignorant and very uncomprehending.

FEBRUARY 28

Heavenly Father, when I am thirsty, quench my soul with the waters of truth. When I am too busy to listen, hush me so that I may hear the whispers of how I am called to serve. If I am too quiet, stir in me bold conviction to speak for the poor, disenfranchised, and unloved.

MARCH 1

Imagine Jesus crucified in your arms and on your chest, and say, 'This is my hope, the living source of my happiness. This is the heart of my soul; nothing will ever separate me from his love.'

*St. Padre Pio*

MARCH 2

Give up harsh words; use generous ones.  
Give up unhappiness; take up gratitude.  
Give up anger; take up gentleness.  
Give up pessimism; take up hope.  
Give up worrying; take up trust in God.

MARCH 3

There are days when I feel the weight of my own cross. It can be unbearable. Christ, let me remember that the cross you bore on your own shoulders was for the weight of the sins of the world.

MARCH 4

Do not be surprised that you fall every day. Do not give up but stand your ground courageously.

*St. John Climacus*



MARCH 5

### Second Sunday of Lent

*Gospel of the Transfiguration*

Transfigured Christ, radiant and holy, let this Lenten season transform my soul, and allow my faith in you to show a change in me.

MARCH 6

Be joyful in hope, patient in affliction, faithful in prayer.

*Romans 12:12*



MARCH 7

As I fall to my knees in prayer, in fasting, in sacrifice and penitence, somehow, you reach out and gently lift me, renew me to claim me as nothing of this world can claim me. Meet me in the desert, Lord.

MARCH 8

At the foot of the cross, I implore you, Christ, for your generous mercy. Remind me to return to you and the Gospel.

MARCH 9

Today is one month away from the Resurrection of Christ. Today my heart rejoices in the strength gained from this Lenten journey, sorrowful for my sin, and filled with faith to carry on, folding myself into you through prayer and supplication.

MARCH 10

Jesus, help me to simplify my life by learning what You want me to be and becoming that person.

*St. Therese of Lisieux*

MARCH 11

Pray for purpose to make life worth living. Pray for the joy of unselfish giving. For great is your gladness and rich your reward, When you make your life's purpose the choice for the Lord.

*Helene Steiner Rice*

MARCH 12

### Third Sunday of Lent

*Gospel Woman at the Well*

Jesus, like the woman at the well, I too am thirsty and sinful. Quench my thirst with the waters of truth and forgive me of my sinfulness. Each day, I pray to love and forgive, even when it is humanly difficult.

MARCH 13

Therefore, confess to each other and pray for each other that you might be healed.

*James 5:16*

MARCH 14

The fruit of silence is prayer. The fruit of prayer is faith. The fruit of faith is love. The fruit of love is service. The fruit of service is peace.

*St. Teresa of Calcutta*

MARCH 15

I kind of miss that thing I gave up but am reminded of the temptation of Christ. "I can do all things in Christ who strengthens me." I am doing my best and praying for the rest.

MARCH 16

In a world of stone throwers, Lord, let me be a stone holder. Let me not cast hurtful blame, sin or opinion. Let me hold you, My Great Rock, in my heart. Let what I say and how I say it be done with love and compassion.




MARCH 17

Even in treacherous captivity St. Patrick turned to God's omnipotent protection. "Christ with me, Christ before me, Christ behind me." Yield to His will as it will always be done.



MARCH 18


Here in the quiet of my time with you, search me for any selfish motives or sins I cling to that are sapping me of the life you desire. Prepare my heart for what you would have me forgo and strengthen me to seek you instead.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MARCH 19</b> <b>Fourth Sunday of Lent</b> <i>Jesus Gives Sight to the Blind</i> <p>Lord, the world has a way of sometimes blurring my vision, causing me to be unjustly judgmental. Clear my sight, that I may see others with the heart of your love and compassion.</p>	<b>MARCH 20</b> <p>As Christians, we are called to have courage, the courage to honor God's extraordinary request that we forgive someone even in the midst of our own pain.</p> <p><i>Mother Angelica</i></p>	<b>MARCH 21</b> <p>Christ, Our Light, may this be a time of outward focus; seeking you in those we often ignore. Help us live a Lent focused on freedom, generosity, and encounter. Give us hearts hungry to serve you and those who need what we have to give.</p>	<b>MARCH 22</b> <p>Having faith does not mean having no difficulties, but having the strength to face them, knowing we are not alone.</p> <p><i>Pope Francis</i></p>	<b>MARCH 23</b> <p>There are days, Lord, when I feel tapped out... not another drop of energy in me. Infuse me. Reinvigorate me. Fill me up to be the best version of me for this life and in service to you.</p>	<b>MARCH 24</b> <p>Even now, says the LORD, return to me with your whole heart, with fasting, with weeping, and with mourning.</p> <p><i>Joel 2:12</i></p> 	<b>MARCH 25</b> <b>Annunciation of the Lord</b> <p>Lord, your Beloved Mother said 'yes' to the Angel Gabriel. Today's prayer is for all mothers whose baby is living under her heart. Thank you, Lord, for the gift of life in this world and the promise of life eternal.</p>
<b>MARCH 26</b> <b>Fifth Sunday of Lent</b> <i>Raising of Lazarus</i> <p>Jesus, the challenges of life can weigh heavily. Hopelessness can kill the soul, but my faith in you and your promise revives me, heals me and resurrects hope, grace and mercy. Increase and renew me.</p>	<b>MARCH 27</b> <p>Silence the noise in my soul. Empty me of cravings for things of this world that do not truly satisfy. Fill me with the bread of your presence and the living water of your mercy. Wash this vessel, Lord. Prepare me for renewal. In Jesus' name, Amen.</p>	<b>MARCH 28</b> <p>Father, I pray that You will quiet all distractions and remove any/all confusion. I ask for Your call and purpose in my life to be made clear. I pray for the power of the Holy Spirit to speak to me and guide me as I journey on.</p>	<b>MARCH 29</b> <p>Lord, I surrender myself to you at the foot of the cross. Thank you for dying so that we could have life. Help us come to you just as we are: broken, imperfect, but fully alive and healed by the power of your salvation.</p>	<b>MARCH 30</b> <p>My daring and dying of self in this Lenten journey have challenged me spiritually, physically, and sometimes emotionally. Thank you, Jesus for not abandoning me, especially during this journey when I needed you most.</p>	<b>MARCH 31</b> <p>Lord, give me Your divine courage and strength to say "Yes" to the Will of the Father. Your love for me is abundant and is perfect in every way. Help me to know that love, to embrace it and to allow it into my life.</p>	<b>APRIL 1</b> <p>Here I am, Lord, leaning into you in prayer. You give me deep comfort and peace. Thank you for the experience of your love, grace and deep mercy.</p>
<b>APRIL 2</b> <b>Palm Sunday</b> <b>Holy Week Begins</b>  <p>Wave palm branches! The Word Incarnate is coming! Make way for Christ to enter the gateway to your heart. Take inventory of where this Lenten journey has taken you so far. Calvary draws near.</p>	<b>APRIL 3</b> <p>The LORD is my light and my salvation; whom should I fear? The LORD is my life's refuge; of whom should I be afraid?</p> <p><i>Psalm 27:1-2</i></p>	<b>APRIL 4</b> <p>God, may my sacrifice of today remind me of my dependence on You for all the blessings I enjoy.</p>	<b>APRIL 5</b> <p>May I stand in solidarity today with all my brothers and sisters around the world who are suffering.</p>	<b>APRIL 6</b> <b>Holy Thursday</b> <p>Allow me, dear Lord, to spend this night in prayer and meditation with You. After the meal, You invited Your Apostles to join You to stay awake and keep vigil as You prepared for Your arrest. The Apostles fell asleep, leaving You in Your bitter agony alone.</p>	<b>APRIL 7</b> <b>Good Friday</b> <p>Show me your hands...do they have scars from giving? Show me your feet...are they wounded in service? Show me your heart...have you left a place for divine love?</p> <p><i>Archbishop Fulton Sheen</i></p>	<b>APRIL 8</b> <b>Holy Saturday</b>  <p>Just as you have cleansed us from our sins by your blood, and as we are buried with you in baptism, so by your grace, let us share in your resurrection; through your mercy. O God, you are blessed and live and govern all things, now and forever. Amen.</p>

**APRIL 9**  
**Easter Sunday**

Lord Jesus Christ, I rejoice and rejoice continually in Your glorious and triumphant victory over death. For Your victory is my victory. Help me to live by it, in it, and for it. I am grateful to my depths – grateful forever. Amen.

*Selwyn Hughes*




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