

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Lent 2024

REFLECT. REPENT. RESTORE.



FEBRUARY 14

Ash Wednesday Lent Begins

“Even the darkest moments of the liturgy are filled with joy, and Ash Wednesday, the beginning of the Lenten fast, is a day of happiness, a Christian feast.”
—Thomas Merton



FEBRUARY 15

Almighty and ever living God, you invite us deeper into your world, your people, your Lent. May this time be one 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.

FEBRUARY 16

While fasting with the body, let me also fast from the ties that bind me to this world that I may feast from the bounty of Your love, mercy and compassion. Let my ears be open to Your call to be a good and faithful servant. Amen.

FEBRUARY 17

My Lord and my God, be my beacon that guides me. Make my mind steadfast in your will and aware of my soul's need. Teach me to increase purity of heart that I may love you above all things. O font of comfort, trust, and hope, all praise and glory be to you now and forever. Amen.

FEBRUARY 18

First Sunday of Lent

Jesus in the Desert
Heavenly Father, guide me through this second week of Lent. Through your grace, move me to become a better version of myself. Help me to increase my love. Help me to decrease my judgement of others. Stay with me when I need comfort, solitude, wisdom, or guidance. I need you. Amen.

FEBRUARY 19

Come, my Light, and illumine my darkness. Come, my Life, and revive me from death. Come, my Physician, and heal my wounds. Come, Flame of divine love and burn up the thorns of my sins, kindling my heart with the flame of thy love.
- Dimitri of Rostov

FEBRUARY 20

Jesus, you have known me from the beginning of time, in the depths of my dreams and in the darkness of my shame, and you still call me your own. Help me to own all that I am. Build a fire of repentance and mercy in my heart and unwavering conviction to live according to your will. Amen.

FEBRUARY 21

O Lord, I am a small flickering wick in this world. Spark a brilliant flame of love and compassion bright enough for the world to see the You in me. Amen.

FEBRUARY 22

It is You, Lord, who fills me when I am empty even when my mind is flooded with thoughts and trials. Be close to me. Walk with me. Catch me if I fall. Forgive me when I fail. Invite me to be drawn closer to your Sacred Heart. Amen.

FEBRUARY 23

Look with favor, Lord, on your household. Grant that, though our flesh be humbled by abstinence from food, our souls, hungering after you, may be resplendent in your sight.
- Pope Pius V

FEBRUARY 24

O Son of God, for our sake you fasted forty days and allowed yourself to be tempted. Protect us so that we may not be led astray by any temptation. Nourish our souls with the heavenly food of your Word and the Most Holy Eucharist. Amen.

FEBRUARY 25

Second Sunday of Lent

Gospel of the Transfiguration
“Almighty God, whose blessed Son was led by the Spirit to be tempted of Satan: Help thy servants assaulted by temptations; let each find thee mighty to save; through Jesus Christ our Lord, who live and reign with thee and the Holy Spirit, one God, now and for ever. Amen.”
- Book of Common Prayer

FEBRUARY 26

God of goodness and mercy, as my soul takes this deep dive, let me be honest with myself as I look+ into my heart and soul, noticing the times that my cross is heavier. Guide me as I humbly seek to repent and return to your love. Strengthen me to bear the weight. It is through your mercy that the burden is light. Amen.

FEBRUARY 27

Creator of my Life, renew me: bring me to new life in you. 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 as I feel both deep sorrow for my sins and your undying love for me. Amen.

FEBRUARY 28

Loving God, sometimes my heart turns in every direction except toward you. Please help me to turn my heart to gaze upon you in trust. Soften my heart that I may love more like you and glorify your Holy Name. Amen.

FEBRUARY 29

Loving creator, I am not asking to overcome my weakness, but to use it in some way to worship you. Let me be aware of the many ways you reach out to help me today. Let me stand in awe of your constant love. Amen.



MARCH 1

The world calls me to feast on all that it has to offer. I have to admit that giving in is so much easier than fasting. Not just fasting from food, but the fast that reminds me that my spirit can be evermore satisfied in the contemplative and quiet moments in prayer. Give me the strength to recognize the true grace of the fast. Amen.

MARCH 2

Jesus, Love Incarnate, Love Divine, allow me to place my ear and my soul closer to You. Refresh my mind with clear thoughts. Reset my joy even in dark moments. Let my love for others grow deeper. Let me see you in the stranger and those who I am blind to. Thank you, Jesus for being with me as I clear the cobwebs of the 'me' before you. Amen.

MARCH 3

Third Sunday of Lent

Jesus and the Money Changers
Lent is not something we do for God. Lent is something we do with God.



MARCH 4

“Day by Day, O, dear Lord, these things I pray... to SEE thee more clearly, LOVE thee more dearly, FOLLOW thee more nearly.”
Amen - Godspell

MARCH 5

Loving God, I hear your invitation, “Come back to me!” and I am filled with a longing to return to you. Show me the way. Lead me this day to do good works. Send your Spirit to strengthen my faith. I humbly submit my RSVP to your invitation at the foot of the cross. I am here to do your will. Amen.

MARCH 6

Loving God, there are moments when I detour from where this journey is taking me. Please accept my small acts of sorrow today. Release me from the chains of self and selfishness. Fill the potholes and straighten my path along this Lenten journey. Amen.

MARCH 7





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.

MARCH 8

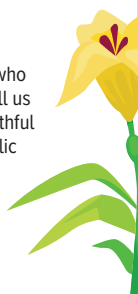
O God, who delights in innocence and restores it, direct the hearts of your servants to yourself, that, caught up in the fire of your Spirit, we may be found steadfast in faith and effective in works. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

MARCH 9

Greetings my Good Shepherd, thank you for your accompaniment with me this week. Let me find humor and good lessons from life's mistakes. Allow me the grace to love by your example. Bless me with the heart of a servant leader that I may give my time, talent and treasure. Amen.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MARCH 10 Fourth Sunday of Lent <i>Jesus: The Light of the World</i> It is wonderful to acknowledge that we need God's help in listening. We humbly ask for light in the midst of whatever might "shadow our vision." This is our God, who can give each of us the change of heart we ask for.	MARCH 11 God of goodness and mercy, hear my prayer as I begin this Lenten journey with you. Let me be honest with myself as I look into my heart and soul, noticing the times I turn away from you. Guide me as I humbly seek to repent and return to your love. Amen.	MARCH 12 "Lent is a time of going very deeply into ourselves... What is it that stands between us and God? Between us and our brothers and sisters? Between us and life, the life of the Spirit? Whatever it is, let us relentlessly tear it out, without a moment's hesitation." —Catherine Doherty	MARCH 13 "Yet even now," declares the Lord, "return to me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments." Return to the Lord your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love; and he relents over disaster." Joel 2:12-13	MARCH 14 Purify me with the waters of forgiveness. Forgive me for the temptations that caused me to walk away from you. Walk with me as I get back to you as my center, my peace and my joy! Amen. 	MARCH 15 Help me Father, that I may enter this time of fasting and prayer with a heart of joy and a mouth that praises your goodness. Give me all the advantages of this spiritual discipline and keep me humble. Thank you Lord for your great, unending, all consuming love for me. I love you, Father. Amen.	MARCH 16 It's Saturday, Lord. Thank you for today. This Lenten experience comes with unique challenges that pull at my heart, tempt me to indulge in what I 'gave up' for Lent, but with each passing day the Holy Spirit teaches me something new and galvanizes my walk with you. Amen.
MARCH 17 Fifth Sunday of Lent <i>Jesus Raises Lazarus from the Dead</i> St. Patrick's Breastplace Prayer: Christ be with me, Christ in me, Christ behind me, Christ before me, Christ beside me, Christ within me, Christ to comfort and restore me. Christ beneath me, Christ in quiet, Christ in danger, Christ in all that love me, Christ in the mouth of friends and 	MARCH 18 Beloved Mother, teach us to accept all our sufferings because of our sins and to atone for the sins of the whole world.	MARCH 19 Beloved Mother, so stricken with grief, help us to bear our own suffering with courage and love In doing so, may we give glory to God Who gave you and Jesus to humanity. Teach us to suffer silently and patiently. Grant us the grace of loving God in everything.	MARCH 20 Beloved Mother, Queen of the Martyrs, give us the courage you had in all your sufferings so that we may unite our sufferings with yours and give glory to God. Help us follow all His commandments and those of the Church so that Our Lord's sacrifice will not be in vain, and all sinners in the world will be saved. Amen.	MARCH 21 Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of death. Amen.	MARCH 22 Sweetest Mother Mary, thank you for holding my hand when I needed it the most. Thank you for the comfort in those quiet tears. Thank you for your ironclad mantle of protection when danger seemed eminent. Thank you for always being there to carry my prayers to your Precious Son, Jesus. Amen.	MARCH 23 Queen of Martyrs, your heart suffered so much. I beg you, by the merits of the tears you shed in these terrible and sorrowful times, to obtain for me and all the sinners of the world the grace of complete sincerity and repentance. Amen. 
MARCH 24 Palm Sunday Holy Week Begins Dear Lord of Israel, We praise you for your ultimate sacrifice for us. You arrived to set people free and help your believers. We are thankful for your tender mercy, the dawn of salvation. You guide us to attain peace, hope, and success, and we thank you. Amen.	MARCH 25 God, our Father, I am alive with joy this Holy Week, as we draw closer to the Resurrection of Your Son, Jesus. I may not deserve one drop of His blood that set me free from sin. I may not deserve a drop of sweat or an ounce of his tears, but He loves me in ways that exceed my understanding. Thank you for your everlasting and redeeming love. Amen.	MARCH 26 All-powerful God, by the suffering and death of your Son, strengthen and protect us in our weakness. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.	MARCH 27 Let all who seek you rejoice and be glad in you; let those who love your salvation say for ever, "Great is the Lord!" But as for me, I am poor and needy; come to me speedily, O God. You are my helper and my deliverer; O Lord, do not delay. Psalm 70:4-6 	MARCH 28 Holy Thursday In the quiet aloneness 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. Amen.	MARCH 29 Good Friday Jesus, no one knows change better than you. You died on the cross, and three days later you rose from the dead. Forty days later you ascended into heaven and left the world transformed for the rest of time. Help me to transform my soul, to die to sin and death and be reborn in your love and eternal life. Amen.	MARCH 30 Holy Saturday Jesus, Courage Incarnate. As you hung on the cross for my sins and the sins of the world, you showed me that all things are possible. You knew that life did not end on the cross. It was only the beginning of a new and glorious eternal life. Amen.

MARCH 31
Easter Sunday
 Almighty Father, I thank you for the gift of your son, Jesus Christ, who rose from the dead and redeemed humankind. Fill us with the fire of the Holy Spirit, that we may be faithful disciples and enthusiastic witnesses of our Catholic faith. Alleluia, Christ is risen! He is risen, indeed. Amen




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