

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



# Lent 2025

REFLECT. REPENT. RESTORE.



MARCH 5

### Ash Wednesday Lent Begins

As we launch into the Lenten season this Jubilee Year, reawaken us to be Pilgrims of Hope for the coming of your Kingdom. May your grace transform us into tireless cultivators of the seeds of the Gospel. Amen.



MARCH 6

Let me be witness to and blessed with the wonderment of spiritual renewal and transformation. Let me seek your Sacred Heart. Let me experience the pierce of where change in me is needed and the joy of experiencing the change to be more like you. To you, Lord, I surrender my all. Amen.

MARCH 7

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.

MARCH 8

Lord, I know how much you love 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. Amen.

MARCH 9

### First Sunday of Lent

"Almighty God, whose blessed Son was led by the Spirit to be tempted of Satan: Make speed to help thy servants who are assaulted by manifold temptations; and, as thou knowest their several infirmities, let each one find thee mighty to save. Amen."

*"First Sunday in Lent,"  
Book of Common Prayer*

MARCH 10

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. - *Dimitrii of Rostov*



MARCH 11

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.

MARCH 12

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 in 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.

MARCH 13

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.

MARCH 14

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 15

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.

MARCH 16

### Second Sunday of Lent

As the things of this world try to distract the eyes of my soul on you, Lord, let me keep focused on you, Lord. Keep my heart alive with your everlasting love. Strengthen my heart with charity and the will to love as Christ loved. Amen.

MARCH 17

St. Patrick's Breastplate 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 strangers. Amen.

MARCH 18

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.

MARCH 19

Blessed St. Joseph, Husband of the Virgin Mary, Guardian of the Holy Family, be with us in our trials. May your prayers obtain for us the strength to flee from error and wrestle with the powers of corruption so that in life we may grow in holiness and in death rejoice in the crown of victory. Amen.

MARCH 20

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 21

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.

MARCH 22

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. Amen.

MARCH 23

### Third Sunday of Lent

Lent is not something we do for God. Lent is something we do with God.



MARCH 24

"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 25

God of goodness, send angels of inspiration to guide and enlighten as you did Mary. Awaken us again to our true calling, our true mission: to walk with you on the paths laid out to us. Teach us to listen for you in every corner of our lives and to await your messengers in the most unexpected situations and conditions. Amen.

MARCH 26

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 27




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. Let me be grateful every moment of this day.

MARCH 28

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.

MARCH 29

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
<b>MARCH 30</b> <b>Fourth Sunday of Lent</b> Heavenly Father, I'm truly sorry for the moments today where I missed the mark. I ask for your forgiveness and the strength to better follow Your call tomorrow. Amen.	<b>MARCH 31</b> God of goodness and mercy, hear my prayer as I continue 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.	<b>APRIL 1</b> 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.	<b>APRIL 2</b> "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	<b>APRIL 3</b> 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. 	<b>APRIL 4</b> 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.	<b>APRIL 5</b> 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.
<b>APRIL 6</b> <b>Fifth Sunday of Lent</b> Jesus said, "Let he who is without sin, cast the first stone." Are you a stone thrower or a stone holder? Stone throwers come a dime a dozen or more. Let's learn to become stone holders. Let's pause and marinate in curiosity. Let's respond rather than react. Stone holders are servant leaders who open hearts and minds to plant seeds of creative solutions that reverently signal respect for human dignity and worth.	<b>APRIL 7</b> Beloved Mother, teach us to accept all our sufferings because of our sins and to atone for the sins of the whole world. 	<b>APRIL 8</b> 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.	<b>APRIL 9</b> 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.	<b>APRIL 10</b> Lord, the days in preparation of the celebration of your Resurrection are quickly approaching. There are days that feel like I am not doing enough in this Lenten season to be a Pilgrim of Hope. Be my encourager, Lord. Let me continue to fall deeper in love with this journey. Amen.	<b>APRIL 11</b> 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 imminent. Thank you for always being there to carry my prayers to your Precious Son, Jesus. Amen.	<b>APRIL 12</b> 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.
<b>APRIL 13</b> <b>Palm Sunday</b> <b>Holy Week Begins</b> Hosanna! Hosanna! Hosanna! This week allow me to recall the gifts and the struggles of this Lenten journey. When I was having tough days, I know you were always there. Thank you for the gift of free will, the chance to ask for forgiveness, and the graces of confession. Amen.	<b>APRIL 14</b> 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.	<b>APRIL 15</b> 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.	<b>APRIL 16</b> 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. 	<b>APRIL 17</b> <b>Holy Thursday</b> Christ, grant me grace to wash another's feet, and count it cause of neither shame nor boast nor think some merit makes my work complete, since those forgiven most will love the most.	<b>APRIL 18</b> <b>Good Friday</b> Jesus, today I grieve you. I fall to my knees in absolute humility, thankful and sorrowful that you took the brutal scourging, the sharpness of thorns, the pain of betrayal, the crucifixion and your last breath for me. For me, an unworthy sinner? I have no words, but surrender my heart, my life and my commitment to live and love as you command. Amen.	<b>APRIL 19</b> <b>Holy Saturday</b> 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.

**APRIL 20**  
**Easter Sunday**  
 Today I sing at the top of my lungs, "ALLELUIA, ALLELUIA, ALLELUIA!"  
 I thank you and praise you, Father God, 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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