The glory of these forty days we celebrate with songs of praise
For Christ, by Whom all things were made, Himself has fasted and has prayed.
Then grant us, Lord, like them to be, full oft in fast and prayer with Thee;
Our spirits strengthen with Thy grace, and give us joy to see Thy face.

Mary: Our Lenten Guide and Teacher

The Lenten season must not be faced with an "old" spirit, as if it were a heavy and tedious obligation, but with the new spirit of the one who has found in Jesus and his paschal mystery the meaning of life, and now feels that everything must make reference to him.

May our guide and teacher in our Lenten journey be Mary Most Holy, who, when Jesus went with determination to Jerusalem to suffer the passion, followed him with total faith. As a "new amphora" [vessel] she received the "new wine" prepared by the Son for the messianic betrothal (cf. Mark 2:22). And, in this way, she was the first to receive under the Cross that grace, poured out by the pierced heart of the son, incarnation of the love of God for humanity.

Pope Benedict XVI

Lenten Guidelines

**PRAYER**
Catholics are encouraged to pray more during Lent, especially with Scripture. Lent is also an ideal time to receive the Sacrament of Reconciliation in preparation for the celebration of Christ’s Passion, Death and Resurrection.

**FASTING AND ABSTINENCE**
Catholics of age 14 and older abstain from meat on Ash Wednesday, Good Friday and all the Fridays of Lent. In addition, on Ash Wednesday and Good Friday, Catholics from age 18-59 fast, limiting themselves to one full meal and two smaller meals each day.

**ALMSGIVING**
Moved by the sacrifice of Christ, many Christians combine almsgiving with fasting, giving to the poor the money they saved by eating, drinking or buying less as they rely more upon God’s abundant grace.

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.
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 Holy Mass and Penance.

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.

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The Word of the Lord

Lent is a wonderful time to renew our love of Sacred Scripture. Prayerfully reading a short passage from the Bible each day allows us to be fed by God speaking to us in His Word.

Suggested Format
1. Sign of the Cross
2. Reading from Sacred Scripture
3. Quiet Reflection
4. The Lord’s Prayer
5. Sign of the Cross

Mealtime Prayers During Lent

Lord Jesus Christ, May our Lenten fasting turn us toward all our brothers and sisters who are in need. Bless this table, our good food, and ourselves. Send us through Lent with good cheer, and bring us to the fullness of Passover. Amen

We thank you, O Lord, Who give us this food to eat. We pray that you may also provide food for those who are hungry and gather us all together at the table of your heavenly kingdom. We ask this through Christ our Lord. Amen

Daily Prayers During Lent

Merciful God, you called us forth from the dust of the earth; you claimed us for Christ in the waters of baptism. Look upon us as we enter these Forty Days bearing the mark of ashes, and bless our journey through the desert of Lent to the font of rebirth. May our fasting be hunger for justice; our alms, a making of peace; Our prayer, the chant of humble and grateful hearts. All that we do and pray is in the name of Jesus, for in his cross you proclaim your love for ever and ever. Amen

Father, through our observance of Lent, help us to understand the meaning of your Son’s death and resurrection, and teach us to reflect it in our lives. Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

Lord our God, you formed man from the clay of the earth and breathed into him the spirit of life, but he turned from your face and sinned. In this time of repentance we call out for your mercy. Bring us back to you and to the life your Son won for us by his death on the cross, for he lives and reigns for ever and ever.

Prayer for those in the RCIA

God of our ancestors and God of all creation, we ask you to look favorably on your servants; make them fervent in spirit, joyful in hope, and always ready to serve your name. Lead them, Lord, to the sacraments of baptism, confirmation, and Eucharist, so that, living a fruitful life in the company of your faithful, they may receive the eternal reward that you promise. We ask this through Christ, our Lord. Amen.

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