

Lenten Prayers



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MISSIONARY
OBLATES
OF
MARY IMMACULATE

THE NATIONAL SHRINE OF
OUR LADY OF THE SNOWS

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Dear Friend,

At the beginning of Lent, most of us think about penance and some type of sacrifice that we are going to make over the next 40 days. We often forget that Lent is not just about giving things up, it is also about preparing for what we are about to receive, the new life promised through Christ's victory over death.

This *Lenten Prayers* booklet has been created to help you prepare for Easter. Each day during Lent, use this booklet as a guide to deepen your faith through prayer, Scripture readings and contemplation. I pray that when you conclude these 40 days, your Lenten journey will have brought you to a greater understanding of the peace, joy and hope to be found in the Resurrection.

Please know that during Lent and throughout the year the Missionary Oblates are praying for you and your loved ones. I ask that you take some time to remember the Oblates and the people we serve in your prayers.



In Jesus Christ and Mary Immaculate,

Fr. Andy Knop O.M.I.

Fr. Andy Knop, O.M.I.
Oblate Chaplain Director

The Season of Lent

Lent is the season in which we consider and reconcile some of the apparent paradoxes of our faith. Life and death. Good and evil. Denial and acceptance. Doubt and faith. Humanity and God. The dramatic interplay of these themes gives us the opportunity to reflect upon the public ministry, passion and death of Christ and to deepen our personal commitment to Him as the Son of God.

We find in Christ and His mother Mary examples of how to handle the crises in our lives. We find in them examples of how to accept suffering and how to forgive. Christ and His mother show us how to live holy, simple, humble lives in the midst of evil.

Lent is traditionally a season of penance, fasting, abstinence and almsgiving, but all these have little value unless the message of Lent is translated into a personal decision to improve. The purpose of Lent is not that we remain close to Christ for 40 days, but that we find in these 40 days some of the answers that will draw us closer to Christ for a lifetime.



Ash Wednesday

OPENING PRAYER:

Lord, I pray to begin Lent with an attitude that is consistent with my actions. Amen.

SCRIPTURE READINGS:

Joel 2:12-18; Matthew 6:1-6, 16-18

MEDITATION:

How will my Lenten sacrifice this year improve the lives of the people in my life and the lives of our less fortunate brothers and sisters?

CLOSING PRAYER:

Lord, I offer You my prayers, works, joys and suffering during this season of Lent. Amen.

Thursday after Ash Wednesday

OPENING PRAYER:

Lord, may my Lenten sacrifices this year allow me to grow in holiness. Amen.

SCRIPTURE READINGS:

Deuteronomy 30:15-20; Luke 9:22-25

MEDITATION:

How can I become more involved in various ministries in my parish?

CLOSING PRAYER:

Merciful Father, open my heart and fill it with Your lifegiving grace. Amen.

Friday after Ash Wednesday

OPENING PRAYER:

Lord, let my love for You be reflected in how I deal with others. Amen.

SCRIPTURE READINGS:

Isaiah 58:1-9A; Matthew 9:14-15

MEDITATION:

In what ways can my daily work better serve God and others?

CLOSING PRAYER:

Lord, help me to rely on You as I strive to follow Your will in all things. Amen.

Saturday after Ash Wednesday

OPENING PRAYER:

Father, help me to lead a virtuous life through my words and actions. Amen.

SCRIPTURE READINGS:

Isaiah 58:9B-14; Luke 5:27-32

MEDITATION:

How am I able to show the young people in my life that they are loved and valued?

CLOSING PRAYER:

Lord, help me to turn to You, not as a last resort, but as a helping friend at all times. Amen.

First Sunday of Lent

OPENING PRAYER:

Father, help me to be a better listener, so that I may hear Your voice in the voices of my brothers and sisters. Amen.

SCRIPTURE READINGS:

Deuteronomy 26:4-10; Romans 10:8-13; Luke 4:1-13

MEDITATION:

How can I use my talents and abilities to respond more creatively to the Gospel call each day of my life?

CLOSING PRAYER:

Lord, stand by me this day, that what I have started in faith may be completed in joy. Amen.

Monday of the First Week of Lent

OPENING PRAYER:

God our Savior, remind me on occasion that taking the easier path is not the way to follow Your will. Amen.

SCRIPTURE READINGS:

Leviticus 19:1-2, 11-18; Matthew 25:31-46

MEDITATION:

What are some ways that I can reconnect with people who have become distant in my life?

CLOSING PRAYER:

Lord, forgive my failings in love and grant me the grace to be more like You in the days to come. Amen.

Tuesday of the First Week of Lent

OPENING PRAYER:

Father, help me to be more forgiving, knowing that I too need to be forgiven by others. Amen.

SCRIPTURE READINGS:

Isaiah 55:10-11; Matthew 6:7-15

MEDITATION:

What organizations in my community do I really believe in and how can I be a part of their ministries?

CLOSING PRAYER:

Lord, help me to turn all my love to You that, by the things I do, I may witness to Your glory and honor. Amen.

Wednesday of the First Week of Lent

OPENING PRAYER:

Lord, no matter the difficulties I may face, show me that I can live a happy, productive life. Amen.

SCRIPTURE READINGS:

Jonah 3:1-10; Luke 11:29-32

MEDITATION:

In what ways can I improve my daily prayer time?

CLOSING PRAYER:

Father, grant me the grace to treat all my brothers and sisters with self-sacrificing love. Amen.

Thursday of the First Week of Lent

OPENING PRAYER:

Father, remind me to always be grateful and not to compare my lot to others. Amen.

SCRIPTURE READINGS:

Esther C:12, 14-16, 23-25; Matthew 7:7-12

MEDITATION:

What are the challenges that I must address in the near future to improve my life and the lives of my loved ones?

CLOSING PRAYER:

Lord, help me to better use the gifts and talents that You have given me. Amen.

Friday of the First Week of Lent

OPENING PRAYER:

Lord, You have blessed me with many gifts. Help me to better use them in service to my brothers and sisters. Amen.

SCRIPTURE READINGS:

Ezekiel 18:21-28; Matthew 5:20-26

MEDITATION:

Who in my life is in need of my love?

CLOSING PRAYER:

Lord, in times of selfish pride, help me to discover humility. Amen.

Saturday of the First Week of Lent

OPENING PRAYER:

Eternal Father, help me to worship You better in spirit and truth. Amen.

SCRIPTURE READINGS:

Deuteronomy 26:16-19; Matthew 5:43-48

MEDITATION:

Do I accept the path that is easy or the path that will be more life-giving for others?

CLOSING PRAYER:

Lord, guide me away from things that keep me away from You. Amen.

Second Sunday of Lent

OPENING PRAYER:

God our Father, help me to accept Your will for me, and grant me the courage to carry it out. Amen.

SCRIPTURE READINGS:

Genesis 15:5-12, 17-18; Philippians 3:17-4:1; Luke 9:28B-36

MEDITATION:

When a family member or friend is very sick, do I avoid spending time with them or do I make an effort to be a comforting presence in their time of need?

CLOSING PRAYER:

Lord, make me more aware of the times when I have unjustly harmed someone. Amen.

Monday of the Second Week of Lent

OPENING PRAYER:

God our Father, may I live each day striving to be more like Your Son. Amen.

SCRIPTURE READINGS:

Daniel 9:4-10; Luke 6:36-38

MEDITATION:

Do I look for the silver lining in the dark clouds of my life?

CLOSING PRAYER:

Lord, help me to assist the needy with joy, love and concern. Amen.

Tuesday of the Second Week of Lent

OPENING PRAYER:

Lord, may I see through the life of Christ how to better serve You and Your people. Amen.

SCRIPTURE READINGS:

2 Samuel 7:4-5A, 12-14A, 16; Matthew 1:16, 18-21, 24A

MEDITATION:

I will take time to look at my faith through a child's eyes to give me a fresh and new perspective.

CLOSING PRAYER:

Lord, remind me on occasion that I need to share my blessings with others. Amen.

Wednesday of the Second Week of Lent

OPENING PRAYER:

Father, help me be more grateful for the blessings that You have given me. Amen.

SCRIPTURE READINGS:

Jeremiah 18:18-20; Matthew 20:17-28

MEDITATION:

Instead of complaining about the problems in my life and community, how can I address these concerns to make my life and my neighborhood better?

CLOSING PRAYER:

Lord, help me to see more clearly what others in my life need, and help me to respond generously to their needs. Amen.

Thursday of the Second Week of Lent

OPENING PRAYER:

God of love, in my life I will need to take risks. Give me the courage to make wise decisions. Amen.

SCRIPTURE READINGS:

Jeremiah 17:5-10; Luke 16:19-31

MEDITATION:

Reflect on the saying, "One who doesn't look back to where they came from will not reach their destination."

CLOSING PRAYER:

Lord, keep my love for others sincere, affectionate, strong and pure. Amen.

Friday of the Second Week of Lent

OPENING PRAYER:

Merciful Father, guide me to a deeper understanding of my faith during this Lenten season. Amen.

SCRIPTURE READINGS:

Genesis 37:3-4, 12-13A, 17B-28A; Matthew 21:33-43, 45-46

MEDITATION:

Where can I find a “little bit of Heaven” here on earth?

CLOSING PRAYER:

Lord, help me to find unity in my own family, and extend that same unity to Your Church. Amen.

Saturday of the Second Week of Lent

OPENING PRAYER:

God our Father, open my eyes to the truth within me. Scatter the darkness of doubt with the light of Christ’s words. Amen.

SCRIPTURE READINGS:

Micah 7:14-15, 18-20; Luke 15:1-3, 11-32

MEDITATION:

Who has made a positive impact in my life today, and how can I show them my appreciation?

CLOSING PRAYER:

Lord, help me to emulate Christ in the way He responded to the needs of the poor, the underprivileged and the oppressed. Amen.



Third Sunday of Lent

OPENING PRAYER:

Father, when I am weak, give me confidence to change my life. Amen.

SCRIPTURE READINGS:

Exodus 3:1-8A; 1 Corinthians 10:1-6, 10-12; Luke 13:1-9

MEDITATION:

How can I open doors for people who are victims of discrimination?

CLOSING PRAYER:

Lord, help me to grasp the opportunities for renewal in my life. Amen.

Monday of the Third Week of Lent

OPENING PRAYER:

God of mercy, help me to develop a plan of action to reform my life. Amen.

SCRIPTURE READINGS:

Isaiah 7:10-14; 8:10; Luke 1:26-38

MEDITATION:

How has my ethnic and cultural heritage impacted the development of my faith?

CLOSING PRAYER:

Lord, help me to correct my failings so that I may be more faithful and sincere in my love for others. Amen.

Tuesday of the Third Week of Lent

OPENING PRAYER:

Lord, when I am asked to make a sacrifice, let me do so knowing that it will contribute to the greater good. Amen.

SCRIPTURE READINGS:

Daniel 3:25, 34-43; Matthew 18:21-35

MEDITATION:

Reflect on the words of Sr. Thea Bowman: “Sometimes people think they have to do big things in order to make changes, but if each one of us would light a candle we’d have a tremendous light.”

CLOSING PRAYER:

Lord, grant me the courage to discuss openly the things that are important to me with my family and friends. Amen.

Wednesday of the Third Week of Lent

OPENING PRAYER:

Lord, teach me to live my life in a way that glorifies You. Amen.

SCRIPTURE READINGS:

Deuteronomy 4:1, 5-9; Matthew 5:17-19

MEDITATION:

What are some traditions that I can start to strengthen my family’s faith?

CLOSING PRAYER:

Lord, help me to develop strength and courage for future challenges. Amen.

Thursday of the Third Week of Lent

OPENING PRAYER:

Father, keep me modest in my times of success and from being despondent in my times of failure. Amen.

SCRIPTURE READINGS:

Jeremiah 7:23-28; Luke 11:14-23

MEDITATION:

As I approach the Paschal Mystery, how can I better express my love for God and neighbor?

CLOSING PRAYER:

Lord grant me the courage to follow Christ's example, Who is the Way, the Truth and the Life. Amen.

Friday of the Third Week of Lent

OPENING PRAYER:

Merciful Father, remind me that my faith will sustain and strengthen me no matter what obstacles lie before me. Amen.

SCRIPTURE READINGS:

Hosea 14:2-10; Mark 12:28-34

MEDITATION:

What nourishes my spirituality?

CLOSING PRAYER:

Lord, give me the gifts of wisdom and understanding and help me to find lasting peace and joy. Amen.

Saturday of the Third Week of Lent

OPENING PRAYER:

Lord, help me to be someone who shows Christ's love through my words and actions. Amen.

SCRIPTURE READINGS:

Hosea 6:1-6; Luke 18:9-14

MEDITATION:

How do I respond to prayers that are answered in ways that are different from what I had in mind?

CLOSING PRAYER:

God of mercy, grant me the grace to live with others in peace and harmony. Amen.

Fourth Sunday of Lent

OPENING PRAYER:

Father of peace, keep me eager to show my love for people who are less fortunate than me. Amen.

SCRIPTURE READINGS:

Joshua 5:9A, 10-12; 2 Corinthians 5:17-21;
Luke 15:1-3, 11-32

MEDITATION:

How can I commit myself to enjoying every minute of life regardless of the challenges that may come my way?

CLOSING PRAYER:

Father, grant me patience, kindness, cheerfulness and the ability to place the well-being of others ahead of myself. Amen.

Monday of the Fourth Week of Lent

OPENING PRAYER:

Father, help me to trust in Your strength, hope and love for me. Amen.

SCRIPTURE READINGS:

Isaiah 65:17-21; John 4:43-54

MEDITATION:

What actions do I take in my life that aim others in positive directions?

CLOSING PRAYER:

Father, help me to embrace the Paschal Mystery and to proclaim Your salvation. Amen.

Tuesday of the Fourth Week of Lent

OPENING PRAYER:

Father, prepare us to embrace the Paschal Mystery and to proclaim Your salvation. Amen.

SCRIPTURE READINGS:

Ezekiel 47:1-9, 12; John 5:1-16

MEDITATION:

Reflect on the words of St. Mother Teresa: “All around you, and even in your own family, are people whose lives you can greatly affect just by loving them.”

CLOSING PRAYER:

Lord, help me to be courteous to others as I would have them be to me. Amen.

Wednesday of the Fourth Week of Lent

OPENING PRAYER:

Lord, help me to purify myself of worldly desires and concerns. Amen.

SCRIPTURE READINGS:

Isaiah 49:8-15; John 5:17-30

MEDITATION:

How can I put into practice the Church's teaching on social justice?

CLOSING PRAYER:

Lord, give me calm, poise and self-control. Amen.

Thursday of the Fourth Week of Lent

OPENING PRAYER:

Merciful Father, I pray for knowledge of Your will for me and for the strength to carry it out. Amen.

SCRIPTURE READINGS:

Exodus 32:7-14; John 5:31-47

MEDITATION:

What are some of the negative influences in my life, and how can I learn to cope with them?

CLOSING PRAYER:

Lord, give me the strength to conquer any evil that I may encounter. Amen.

Friday of the Fourth Week of Lent

OPENING PRAYER:

Father, let me serve You with steadfast love. Amen.

SCRIPTURE READINGS:

Wisdom 2:1A, 12-22; John 7:1-2, 10, 25-30

MEDITATION:

Whatever I do, people will take notice when I do it with a positive attitude.

CLOSING PRAYER:

Lord, help me to know when to be silent and when to speak. Amen.

Saturday of the Fourth Week of Lent

OPENING PRAYER:

Lord, we all have our cross to bear. Give me the strength to carry my cross faithfully. Amen.

SCRIPTURE READINGS:

Jeremiah 11:18-20; John 7:40-53

MEDITATION:

How can I make Gospel values the basis of my life?

CLOSING PRAYER:

Lord, help me to love the people in my life in the same understanding, compassionate way You love me. Amen.



Fifth Sunday of Lent

OPENING PRAYER:

Father, help me to rise out of foolish pride, and help me to know and to love who I really am. Amen.

SCRIPTURE READINGS:

Isaiah 43:16-21; Philippians 3:8-14; John 8:1-11

MEDITATION:

Reflect on Proverbs 17:22 – “A cheerful heart is a good medicine.”

CLOSING PRAYER:

Lord, teach me what is important enough to demand, and what is best left alone. Amen.

Monday of the Fifth Week of Lent

OPENING PRAYER:

Father of love, help me to prepare to receive the glory of Your Kingdom. Amen.

SCRIPTURE READINGS:

Daniel 13:1-9, 15-17, 19-30, 33-62; John 8:12-20

MEDITATION:

How can I be an instrument of God's peace?

CLOSING PRAYER:

Father, guide me along the right pathway, and give me the courage and confidence to be open to change. Amen.

Tuesday of the Fifth Week of Lent

OPENING PRAYER:

Lord, help me to see that there is value in suffering. Show me the goodness in myself that I have not seen. Amen.

SCRIPTURE READINGS:

Numbers 21:4-9; John 8:21-30

MEDITATION:

Let me take a painful memory in my life and pray for the grace to let go of this pain and allow the healing power of Jesus to bring me peace.

CLOSING PRAYER:

All-powerful God, help me to see the good even in my bad times. Amen.

Wednesday of the Fifth Week of Lent

OPENING PRAYER:

Father of mercy, You call me again and again to service. Lead me to an ever deeper sense of generosity. Amen.

SCRIPTURE READINGS:

Daniel 3:14-20, 91-92, 95; John 8:31-42

MEDITATION:

What material goods do I have that I no longer need, and how can they better benefit others?

CLOSING PRAYER:

Lord, help me to use my time, resources and energy well, reaching out to others to bring joy to all I meet. Amen.

Thursday of the Fifth Week of Lent

OPENING PRAYER:

Lord, I thank You for the love that has sustained me, and for the good done by others that has lifted me up in times of need. Amen.

SCRIPTURE READINGS:

Genesis 17:3-9; John 8:51-59

MEDITATION:

To give God praise for the beauty of creation, what is one practical deed I can do to help save the environment?

CLOSING PRAYER:

Merciful Lord, may the world be just a little better each day because of my presence in it. Amen.

Friday of the Fifth Week of Lent

OPENING PRAYER:

Lord, grant me the grace to reach out more and more in kindness to others. Amen.

SCRIPTURE READINGS:

Jeremiah 20:10-13; John 10:31-42

MEDITATION:

Are there ways that I discriminate against people because of their color, nationality, disability or lifestyle?

CLOSING PRAYER:

Lord, give me the spirit of charity that I may contribute to the happiness of everyone I meet. Amen.

Saturday of the Fifth Week of Lent

OPENING PRAYER:

God our Father, give me the courage to repair the harm that I have caused others. Amen.

SCRIPTURE READINGS:

Ezekiel 37:21-28; John 11:45-56

MEDITATION:

How can I simplify my life, letting go of things that I no longer need?

CLOSING PRAYER:

Father, teach me to find time each day to think of You, to pray to You and to give You thanks. Amen.

Passion Sunday (Palm Sunday)

OPENING PRAYER:

Almighty Father, this is the day we proclaim Christ our King. By living in Him we honor You. Amen.

SCRIPTURE READINGS:

Isaiah 50:4-7; Philippians 2:6-11; Luke 22:14-23:56

MEDITATION:

How can I improve my attitude towards the poor?

CLOSING PRAYER:

Lord, may I find in the Resurrection of Your Son the path to salvation. Amen.

Monday of Holy Week

OPENING PRAYER:

All-powerful God, forgive me for the times when I've looked down on those who are less fortunate. Forgive me for the times when I've turned away from those in need. Amen.

SCRIPTURE READINGS:

Isaiah 42:1-7; John 12:1-11

MEDITATION:

How can I ensure that my faith is at the center of my daily life?

CLOSING PRAYER:

God of mercy, help me to welcome Your Son into my home and heart. Amen.

Tuesday of Holy Week

OPENING PRAYER:

Father, show us Your mercy as we celebrate the Passion and Death of the Lord. Amen.

SCRIPTURE READINGS:

Isaiah 49:1-6; John 13:21-33, 36-38

MEDITATION:

Who are three or four people in my life who have been channels of God's love for me?

CLOSING PRAYER:

God of mercy, give me the strength to accept Your will so I can continue to serve You in holiness and wholeness. Amen.

Wednesday of Holy Week

OPENING PRAYER:

Father, help me to better understand the suffering and death Your Son endured for me. Amen.

SCRIPTURE READINGS:

Isaiah 50:4-9A; Matthew 26:14-25

MEDITATION:

Who is someone in my life with whom I need to be reconciled?

CLOSING PRAYER:

All-powerful God, help those who share the sufferings of Your Son by renewing their spirit. Amen.

Holy Thursday

OPENING PRAYER:

Father, help me be a faithful witness to the salvation Christ won for me and all humanity. Amen.

SCRIPTURE READINGS:

Exodus 12:1-8, 11-14; 1 Corinthians 11:23-26; John 13:1-15

MEDITATION:

Who among us is in need of my prayers?

CLOSING PRAYER:

Father, may I never lose faith in Your power to see me through any difficulties. Amen.

Good Friday

OPENING PRAYER:

Lord, give me the grace to repent of my sins, to do penance and to amend my life. Amen.

SCRIPTURE READINGS:

Isaiah 52:13-53:12; Hebrews 4:14-5:9; John 18:1-19:42

MEDITATION:

Today I will thank Jesus for making the ultimate sacrifice for me.

CLOSING PRAYER:

Almighty God, may we be united with You and Your people in the meal we hope to share in Your eternal Kingdom. Amen.

Easter Vigil

OPENING PRAYER:

Father, may we share in the light of Your glory through Your Son, the Light of the world. Amen.

SCRIPTURE READINGS:

Isaiah 55:1-11; Luke 24:1-12

MEDITATION:

What do I need to resurrect in my life to better serve God?

CLOSING PRAYER:

Father, grant me comfort in knowing that I will be reunited one day with my loved ones in Heaven. Amen.

Easter Sunday

OPENING PRAYER:

God our Father, by raising Christ Your Son You conquered the power of death and opened for us the way to eternal life. Amen.

SCRIPTURE READINGS:

Acts 10:34A, 37-43; Colossians 3:1-4; John 20:1-9

MEDITATION:

How can I share my Easter joy with others?

CLOSING PRAYER:

Father of love, through the Resurrection of Your Son You have fulfilled the promise and hope of eternal life. Amen.



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