Table Prayer
FOR THE SEASON OF LENT

Bless the Lord, O my soul!
Steadfast God, you give us the gift of Lenten days; keep us faithful to you.

Bless the Lord, O my soul!
God of Justice, may our fasting help us hunger for a world of peace, unity, and beauty.

Bless the Lord, O my soul!
Generous God, may our increased charity be a reflection of your abundant goodness.

Bless the Lord, O my soul!
Bless us who pray, bless this table, bless this meal, during these grace-filled days.

Lenten Daily Prayer

Jesus Christ, Light of the World, shine on me throughout this day.

Kyrie, eleison.

Jesus Christ, the Way, Truth, and Life, help me to follow you faithfully.

Christe, eleison.

Jesus Christ, the Resurrection and the Life, bring me home to heaven to live with you forever.

Kyrie, eleison.

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Behold, now is a very acceptable time; 
behold, now is the day of salvation. 2 Cor 6:2

**Daily Prayer:** As I begin my Lenten journey, God of mercy, 
may I use these days to return to you, and to 
celebrate your salvation in the passion, death, 
and resurrection of Jesus Christ.

**Thursday after Ash Wednesday**

**Our Lady of Lourdes**

The appearances of the Blessed Mother to St. Bernadette Soubirous are among 
the best-known apparitions. The image of Our Lady of Lourdes is widely used in devotional prayer.

“[W]hoever wishes to save his life will lose it, 
but whoever loses his life for my sake will save it.” Lk 9:24

**Daily Prayer:** Today and every day, Lord, strengthen me to bear 
any cross that life presents me.

**Friday after Ash Wednesday**

Jesus answered them, “Can the wedding guests mourn as long as 
the bridegroom is with them?” Mt 9:15

**Daily Prayer:** God and Father of our Lord Jesus Christ, 
help me keep a spirit of joy alive, 
to uphold me throughout my Lenten journey.

**Saturday after Ash Wednesday**

If you bestow your bread on the hungry and satisfy the afflicted; 
then light shall rise for you in the darkness. Is 58:10

**Daily Prayer:** Lord of light and life, let my Lenten practice of prayer, 
fasting, and charity be a source of light for me and 
all those around me.
Brothers and sisters: Whoever is in Christ is a new creation. 2 Cor 5:17

In the waters of baptism, the power of God’s Spirit joined us to the Church, the Body of Christ, and made us a new creation, to be witnesses to the gospel.

For reflection this week: As my Lenten journey is past its halfway mark, can I say that I’ve made progress toward being renewed? What might I want to strive to do better in the remaining days of Lent?

Let us pray: God of all new life, continue to walk with your Church through these Lenten days. May the Holy Spirit of baptism fill us and strengthen us always.

Saints Perpetua and Felicity, Martyrs
These early African Christian martyrs were different in earthly status (Felicity was Perpetua’s slave), but equals in Christ by their martyrdom.

Thus says the LORD: Lo, I am about to create new heavens and a new earth. Is 65:17

Daily Prayer: God who makes all things new in Christ, help me to see beyond the way things are, to the way they can be through your grace.

Saint John of God, Religious
A Portuguese-born soldier, Saint John eventually turned his life toward healing and tending to the sick, especially the poor and mentally ill.

The sick man answered [Jesus], “Sir, I have no one to put me into the pool when the water is stirred up.” Jn 5:7

Daily Prayer: When I see those in trouble or in need of healing, may I follow the example of Jesus and St. John, and come to their aid.
Wednesday, March 9, 2016

Saint Frances of Rome, Religious  
Born wealthy, then married into a wealthy family, St. Frances used her wealth to help others; during the plague she opened her home as a hospital.  

Sing out, O heavens,  
and rejoice, O earth,  
break forth into song,  
you mountains. Is 49:13

Daily Prayer:  With St. Frances and all the saints,  
may I always have a joyful heart,  
and faithfully sing your praise.

Thursday, March 10, 2016

“The works that the Father gave me to accomplish,  
these works that I perform testify on my behalf  
that the Father has sent me.” Jn 5:36

Daily Prayer:  Loving Father of Jesus,  
may others see you at work in me,  
as you were at work in the life of Jesus.

Friday, March 11, 2016

[Their wickedness blinded them,  
and they knew not the hidden counsels of God.] Wis 2:22

Daily Prayer:  May I walk in your way of justice, loving God,  
so when I cry out you will hear my voice and save me.

Saturday, March 12, 2016

Let the malice of the wicked come to an end,  
but sustain the just. Ps 7:10

Daily Prayer:  As I see wickedness in the world around me,  
strengthen and sustain me, Lord, and number me among your just ones.
A New Heart

“Create in me a clean heart, O God, and renew a steadfast spirit within me.”
Ps 51:12

Do I have an open heart?
Can I embrace new people, experiences, or ways of looking at God?
Does my heart reach out to strangers, but bristle when people I know make requests?

Do I have a prayerful heart?
Do I seek quiet, reflection, and study?
Do I respect the uniqueness of every human being?

Do I have a peaceful heart?
Does my heart waste itself on small stuff, losing sight of God’s far-reaching vision?
Can I rid myself of grumbling and complaining about everyday frustrations?

Do I have a tranquil heart?
Do I fill my days with busyness to avoid listening to God and others?
Is life a series of virtual communications that create meaningless activity?

Do I have a hopeful heart?
Can I recognize all the positive events in our world?
Am I able to let go of outcomes I disagree with?

Do I have a grateful heart?
Am I aware that all I have been given is truly a gift?
Do I appreciate the gifts and talents God has bestowed on those around me?

Do I have a forgiving heart?
Am I ready to give up grudges, resentments, and old hurts?
Can I look past being ignored or mistreated by others in my community?

Do I have a servant’s heart?
Do I share my spiritual and material gifts with others?
Am I willing to do what needs to be done, regardless of reward?