

Lenten Daily Prayers

“If anyone want to be a follower of mine, let him renounce himself, take up his cross, and follow me” (Mark 8:34).

The season of Lent is traditionally a time of purification and enlightenment. We strengthen ourselves as a people through prayer, fasting and almsgiving, so that we are better able to give ourselves wholly (heart, mind and soul) to our God and to the work God sets before us in the world. Incorporating special Lenten prayers into our time together as a family helps us stay mindful of our dependence on God and one another, and of our need for continued growth as a family and as a people of faith.

Gather:

Invite family members to gather around the table before the evening meal begins. Place your home cross or Lenten centerpiece in the center of the table.

Reflect:

Ask family members to think back on their day and to recall a time when they felt God's love or were challenged to grow in how they understood or lived out their faith. Allow time for silence or for a sharing of reflections on the day.

Lenten Prayer for the Day:

After brief sharing (or a moment of silence), the leader offers the prayer for the day and all respond: “Lord, hear us and keep us in your love.”

Meal Prayer:

The Lenten prayer closes with a simple blessing for the family meal:

Bless us, Lord, and the food we are about to eat. May our love for one another, and the food we share, strengthen us to share your love with others

Lenten Prayers: Week One

Ash Wednesday

It isn't too late, we can still return to the Lord with all our heart. (see Joel 2:12)

Thursday

If I want to follow you, Lord, I must forget myself and put others first. (see Luke 9:23)

Friday

“Create pure thoughts in me and make me faithful again.” (Psalm 51:10)

Saturday

Lord, I hear you say, “Come with me.” (see Luke 5:27)

Lenten Prayers: Week Two

First Sunday of Lent

We cannot live only on food. We need every word that God has spoken. (see Matthew 4:4)

Monday

You are the Lord, our God. You are holy, and we must be holy too! (see Leviticus 19:2)

Tuesday

Our Father, in heaven, help us to honor your name. (see Matthew 6:9)

Wednesday

“Wash me clean from all of my sin and guilt.” (Psalm 51:2)

Thursday

Lord, help me to treat others as I want them to treat me. (see Matthew 7:12)

Friday

“With all my heart, I am waiting, Lord, for you! I trust your promises!” (Psalm 129:5)

Saturday

Help me, Lord, to love my enemies and to pray for those who mistreat me. (see Matthew 5:44)

Lenten Prayers: Week Three

Second Sunday of Lent

“Lord, it is good for us to be here!” (Matthew 17:4)

Monday

“Our God, you keep us safe. Now help us! Rescue us.” (Psalm 79:9)

Tuesday

O Lord, help me be the servant of others. (see Matthew 23:11)

Wednesday

“You are faithful, and I trust you because you rescued me.” (Psalm 31:5)

Thursday

Lord, you bless those who trust in you. (see Jeremiah 17:7)

Friday

I trust you, O Lord, and I remember your miracles and wonders in my life! (see Psalm 105:5)

Saturday

"With all my heart I praise the Lord, and with all that I am I praise his holy name!" (Psalm 103:1)

Lenten Prayers: Week Four

Third Sunday of Lent

O Lord, we have heard you ourselves, and we are certain that you are the Savior of the world! (see John 4:42)

Monday

"In my heart, I am thirsty for you the living God. When will I see your face?" (Psalm 42:2)

Tuesday

"Show me your paths and teach me to follow; guide me by your truth and instruct me." (Psalm 25:4)

Wednesday

Help me, oh Lord, to follow your commands, to teach them to my children and to my children's children. (see Deuteronomy 4:9)

Thursday

We worship the Lord with thankful hearts and songs of praise. (see Psalm 95:2)

Friday

Lord, that I may love you with all my heart, soul, mind, and strength. (see Mark 12:30)

Saturday

Lord, our prayer is that we may do our best to know you today. (see Hosea 6:3)

Lenten Prayers: Week Five

Fourth Sunday of Lent

"You, Lord, are my shepherd. I will never be in need." (Psalm 23:1)

Monday

"I prayed to you, Lord God, and you healed me, saving me from death and the grave." (Psalm 29:2)

Tuesday

"The Lord all-powerful is with us. The God of Jacob is our fortress." (Psalm 46:11)

Wednesday

Lord, you will never forget me. (see Isaiah 49:15)

Thursday

“Remember me, Lord, when you show kindness by saving your people!” (Psalm 106:4)

Friday

Lord, you are there to rescue all who are discouraged and have given up hope. (see Psalm 34:18)

Saturday

“You, God, are my shield, the protector of everyone whose heart is right.” (Psalm 7:10)

Lenten Prayers: Week Six

Fifth Sunday of Lent

Lord, you are the resurrection and the life. (see John 11:25)

Monday

“Lord, your kindness and love will always be with me each day of my life.” (Psalm 23:6)

Tuesday

Lord, help me to have faith in you for who you are. (see John 8:24)

Wednesday

Lord, I pray to know the truth, the truth that will set me free. (see John 8:31)

Thursday

“The Lord is our God, bringing justice everywhere on earth.” (Psalm 105:7)

Friday

“I sing praises to you Lord. You rescue the oppressed from the wicked.” (Jeremiah 20:13)

Saturday

You, O Lord, are our God. We are your people. (see Ezekiel 37:27)

Lenten Prayers: Holy Week

Palm Sunday

Hosannah! Blessed be the one who comes in the name of the Lord! (see Mark 11:9-10)

Monday

You, Lord, have called me for the victory of justice. You have grasped me by the hand. (see Isaiah 42:5)

Tuesday

The Lord chose me and gave me a name before I was born. (see Isaiah 49:1)

Wednesday

“I didn’t turn aside when they insulted me and spit in my face.” (Isaiah 50:6)

Holy Thursday

Lord, help me to understand what you have done for me. (see John 13:1-15)

Good Friday

Father, I put my life in your hands. (see Psalm 31)

Holy Saturday

And God saw that it was good. (see Genesis 1)

Easter Sunday

I rejoice in this day that the Lord has made! (see Psalm 118)