



Light for our Path

Praying through
Lent with the
Saints

INTRODUCTION

For centuries, Lent has always been the primary season in the Church year for changing our hearts and drawing ever closer to God through our prayers and good works. As we try to respond to our call to holiness and grow in our Christian discipleship, we may also be encouraged and guided by those who have gone before us. They sought this same goal and their success makes them models for us to imitate.

So this Lent, let us enrich our personal prayer by taking some time each day to share the prayers of these saints who also used Lent to purify their hearts and deepen their participation in the mysteries of Christ's life, death and resurrection.

We encourage you each day to find a quiet time and silent place—in your home or office or car—to take a few minutes to pray with these saints. We have also added a related verse from scripture for further reflection. Their prayers are brief, but don't just stop there. As you pray their words and absorb their spiritual insights, let them illuminate your own relationship with God. Then continue with your own words as you open your heart to God's grace-filled presence in you and in your life. As you pray, God will be with you and change you.

—*Steve Mueller*
Editor

ASH WEDNESDAY (ISAIAH 55:6)

Seek the Lord

How is it, my God, that you have given me this hectic busy life when I have so little time to enjoy your presence. I know that you are constantly beside me, yet I am usually so busy that I ignore you. If you want me to remain so busy, please force me to think about and love you even in the midst of such hectic activity. —*St. Teresa of Avila*

THURSDAY AFTER ASH WEDNESDAY (PSALM 25:18)

Forgive My Sins

O Lord, take away from me my sins, and mercifully set me ablaze with the fire of your Holy Spirit. Take away from me the heart of stone, and give me a human heart, a heart to love and adore you, a heart to delight in you, to follow and enjoy you, for Christ's sake. —*St. Ambrose*

FRIDAY AFTER ASH WEDNESDAY (PSALM 71:12)

Help Me, Lord

O Lord, how rigid and inflexible I am! I can overcome my own stubbornness only with the greatest difficulty. And yet, when I beg you for help, you seem to do nothing. Are you ignoring me on purpose? Are you waiting for me to take the thorns of sin from my flesh before you will assist me? Yes, I know I must dig out these thorns before they poison and destroy me completely. But I cannot do this without you.

—*St. Hildegard of Bingen*



SATURDAY AFTER ASH WEDNESDAY (1 PETER 2:21)

Follow in His Steps

God all powerful, eternal, righteous and merciful, help us to do for your sake all that we know of your will, and to will always what pleases you, so that inwardly purified, enlightened and kindled by the fire of the Holy Spirit, we may follow in the footprints of your well-beloved Son. —*St. Francis of Assisi*

1ST SUNDAY OF LENT (MARK 12:30)

Love God Wholeheartedly

O most gentle Jesus, by your precious blood, deliver us from all evils. By your most bitter death give us a lively faith, firm hope and perfect charity, so that with our whole hearts we may love you with all our soul and strength. Make us persevere in your service, firm and steadfast in good works, so that we may be always able to please you. —*St. Clare of Assisi*



MONDAY, WEEK I (JAMES 1:25)

Help Me Do Your Will

Eternal Father, give me a burning faith, a joyful hope, a holy love for Jesus Christ. Give me the grace of perseverance in doing your will in all things. Do with me what you will. I repent of having offended you. Grant, O Lord, that I may love you always and never let me be separated from you. —*St. Alphonsus Liguori*

TUESDAY, WEEK I (JOHN 14:6)

We Come to You

O eternal Father, we come to you through the heart of our Jesus, who is the way, the truth, and the life. Through his divine heart, we adore you for those who do not adore you,

we love you for those who do not love you and we gratefully acknowledge you to be our God.

—*St. Rose Philippine Duchesne*

WEDNESDAY, WEEK I (I JOHN 4:10-11)

We Are Made to Love God

Jesus, from all eternity you were pleased to give yourself to us in love. You planted within us a deep spiritual desire that can only be satisfied by yourself. We are made to love you. If my tongue cannot say in every moment that I love you, I want my heart to repeat it to you as often as I draw breath.

—*St. John Vianney, the Curé of Ars*

THURSDAY, WEEK I (MATTHEW 28:20)

I Am with You Always

Jesus, my sweetest joy is to be in your presence in the holy sacrament. I beg that when obliged to withdraw in body, I may leave my heart before the holy sacrament. How I would miss you if you were to be away from me by your presence in the blessed sacrament!

—*St. Katharine Drexel*

FRIDAY, WEEK I (PSALM 119:94)

I Am Yours

Lord, I am yours, and I must belong to no one but you. My soul is yours, and must live only by you. My will is yours, and must love only for you. I must love you more than myself, since I am all yours and all in you.

—*St. Francis de Sales*



SATURDAY, WEEK 1 (JOHN 14:27)

Give Your Peace

O God, fortify me with the grace of your Holy Spirit and give your peace to my soul that I may be free from all needless anxiety, solicitude and worry. Help me to desire always that which is pleasing and acceptable to you so that your will may be my will.

—*St. Frances Xavier Cabrini*

2ND SUNDAY OF LENT (ROMANS 15:13)

Holy Spirit, Work in Me

Breathe in me, O Holy Spirit, that my thoughts may all be holy. Act in me, O Holy Spirit, that my work, too, may be holy. Draw my heart, O Holy Spirit, so that I love only what is holy. Strengthen me, O Holy Spirit, to defend all that is holy. Guard me, then, O Holy Spirit, that I may always be holy.

—*St. Augustine of Hippo*



MONDAY, WEEK 2 (JEREMIAH 31:3)

God's Extravagant Love

O fire of love! Was it not enough to gift us with creation in your image and likeness, and to create us anew to grace in your Son's blood, without giving us yourself as food, the whole of divine being, the whole of God? What drove you? Nothing but your charity, mad with love as you are!

—*St. Catherine of Siena*

TUESDAY, WEEK 2 (JAMES 4:8)

Keep Us Close to You

O Jesus, keep us intimately close to you with the gift of your grace, so that we may be one with you, and nothing may separate us from the truth. Gathered in your holy Name, may

we be good and firm, so that all we do may be in harmony with you.
—*St. Isidore of Seville*

WEDNESDAY, WEEK 2 (JOHN 17:21)

United Hearts

Take my heart, dear Lord. May your heart's love be so mingled and united with my heart that I may possess my heart in you. May it ever remain there safe in your protection.

—*St. Lutgarde of Aywieres*

THURSDAY, WEEK 2 (1 SAMUEL 3:9)

Speak, Lord

Speak to me, O my God, let me know your will, for behold I am ready to fulfill your every command. The difficult, the irksome, I will patiently endure for love of you. I thank you for the love you planted in my heart. I will cultivate and guard it night and day that nothing may injure it.

—*St. John Neumann*

FRIDAY, WEEK 2 (PSALM 51:2)

Forgive Me

Jesus, if out of the weakness of human nature I have fallen and sinned in word or deed or thought, forgive me, for you have the power to forgive sins on earth. When I am divested of my body, may I stand before you with my soul unspotted. Receive it, blameless and faultless, with your own hands.

—*St. Macrina*

SATURDAY, WEEK 2 (MATTHEW 6:11)

Our Daily Bread

O Lord Jesus, you are our eucharistic Lord and you alone will be our food and clothing, our riches and glory, our remedy

in illness, and our protection against all evil. You will be all things to us. In you, have I hoped; let me not be confounded forever.
—*St. Peter Julian Eymard*



3RD SUNDAY OF LENT (2 CORINTHIANS 12:9)

Living by Grace

You have heard me, only Friend whom I love. To ravish my heart, you became human. You shed your blood, what a supreme mystery! And you still live for me on the altar. If I cannot see the brilliance of your face or hear your sweet voice, I can live by your grace and rest on your Sacred Heart!

—*St. Thérèse of Lisieux*

MONDAY, WEEK 3 (PHILIPPIANS 4:3)

Pray for Your Co-Workers

O God, I dedicate this new day to you. As I go about my work, bless those with whom I come in contact. I pray for all men and women who work to earn their living. Give them satisfaction in what they do. Comfort the unemployed and their families; they are your children and my brothers and sisters. I ask you to help them find work soon.

—*St. Ignatius of Loyola*

TUESDAY, WEEK 3 (1 JOHN 4:16)

Love Changes Us

O Lord, love me intensely, love me often and long! For the more often you love me, the purer I become. The more intensely you love me, the more beautiful I become. The longer you love me, the holier I become.

—*St. Mechtild of Magdeburg*

WEDNESDAY, WEEK 3 (SIRACH II:24)

Never Enough

I believe, Lord, but let me believe more firmly. I hope, Lord, but let me hope more surely. I love, Lord, but let me love more warmly. I repent, Lord, but let me repent more deeply. Give me humility, meekness, chastity, patience and charity. Teach me goodness, knowledge and discipline. Give me your love together with your grace and I will be rich enough. My God, my Jesus, my all in all. —*St. Anthony Claret*

THURSDAY, WEEK 3 (HEBREWS 9:14)

Purify Me!

I have consecrated my entire self to you, O Lord, and taking me by your right hand you have led me with your counsel. But in my human frailty I have sinned both in word and deed many times against you, who alone are pure and without sin. Purify me, this poor handmaid of yours, so that on departing toward you my passage may be hastened. —*St. Melania the younger*

FRIDAY, WEEK 3 (PSALM 119:66)

I Believe

I confess, O Lord, and give you thanks, that you have created me in your image, so that I might be mindful of you and contemplate and love you. I seek not to understand in order that I may believe, rather, I believe in order that I may understand. —*St. Anselm of Canterbury*

SATURDAY, WEEK 3 (REVELATION 4:11)

My Adoration

O Christ, let my greatest delight be to see you loved and your praise and glory proclaimed, especially the honor of your

mercy. O Christ, let me glorify your goodness and mercy to the last moment of my life, with every drop of my blood and every beat of my heart. I want to be transformed into a hymn of adoration of you.

—*St. Faustina Kowalska*



4TH SUNDAY OF LENT (MICAH 6:8)

Empowered for Mission

May God the Father who made us bless us. May God the Son send his healing among us. May God the Holy Spirit move within us and give us eyes to see with, ears to hear with, and hands that your work might be done. May we walk and preach the word of God to all. May the angel of peace watch over us and lead us at last by God's grace to the kingdom.

—*St. Dominic*

MONDAY, WEEK 4 (PSALM 116:12)

The Gift of Myself

Lord, I make you a present of myself. I will place myself entirely in your hands, if you will cover my ugliness with your beauty, and tame my unruliness with your love. Put out the flames of false passion in my heart, since these flames destroy all that is true within me. Make me always busy in your service.

—*St. Catherine of Genoa*

TUESDAY, WEEK 4 (I CORINTHIANS 2:12)

God's Gifts

Gracious and holy God, give us wisdom to perceive you, intelligence to understand you, diligence to seek you, patience to wait for you, eyes to behold you, a heart to meditate on you, and a life to proclaim you.

—*St. Benedict*

WEDNESDAY, WEEK 4 (JOHN 16:3)

The Spirit of Truth

Spirit of truth, you are the reward to the saints, the comforter of souls, light in the darkness, riches to the poor, treasure to lovers, food for the hungry, comfort to the wanderer. To sum up, you are the one in whom all treasures are contained.

—*St. Mary Magdalene de'Pazzi*

THURSDAY, WEEK 4 (I CHRONICLES 16:11)

Seeking God

Jesus, pierce my soul with your love so that I may always long for you alone, the fulfillment of the soul's deepest desires. May my heart always hunger and feed on you, my soul thirst for you, the source of life, wisdom, knowledge, light and all the riches of God. May I always seek and find you, think about you, speak to you and do everything for your honor and glory.

—*St. Bonaventure*



FRIDAY, WEEK 4 (ROMANS 8:35)

United in Love

O Heart of love, I put all my confidence in you, for I fear everything from my own wickedness and frailty, but I hope for all things from your goodness and bounty. Let your pure love imprint itself so deeply on my heart, that I shall never be able to forget or be separated from you.

—*St. Margaret Mary Alacoque*

SATURDAY, WEEK 4 (DEUTERONOMY 31:8)

God with Us

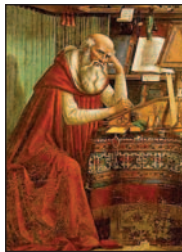
May the strength of God pilot us, may the power of God preserve us, may the wisdom of God instruct us, may the hand of God protect us, may the way of God direct us, may the shield of God defend us, against the snares of evil and the temptations of the world. —*St. Patrick*

5TH SUNDAY OF LENT (PSALM 73:26)

God Alone

I want nothing but God; to rest in God, completely, being strengthened more and more to serve God by my total dependence on God's divine Providence, always more firmly anchored in the faith of God's true word and completely abandoned to God's mercy and care. O eternal and fatherly goodness! My heart opens itself to you.

—*St. Jane Frances de Chantal*



MONDAY, WEEK 5 (PSALM 119:105)

Light for our Path

Lord, you have given us your word, as a light to shine on our path. Inspire us to meditate on that word, and follow its teaching, so that we may find in it the light that shines more and more until it is perfect day. —*St. Jerome*

TUESDAY, WEEK 5 (JOEL 2:13)

Change My Heart

O sweet Jesus! Pierce my heart so that my tears of penitence and love will be my bread day and night. May I be converted entirely to you, may my heart be your perpetual habitation,

may my conversation be pleasing to you, and may the end of my life be so praiseworthy that I may merit heaven and there with your saints, praise you forever. —*St. Bridget of Sweden*

WEDNESDAY, WEEK 5 (REVELATION 3:20)

Open the Door

O Lord, my God, I am not worthy that you should come into my soul, but I am glad that you have come to me because in your loving kindness you desire to dwell in me. Open the door of my soul so that you may enter into it with your loving kindness and dispel the darkness of my mind. —*St. John Chrysostom*



THURSDAY, WEEK 5 (LUKE 9:23)

Bearing Our Burdens

O Jesus, if only we would learn how great it is to possess divine grace, how beautiful, how noble, how precious. How many riches it hides within itself, how many joys and delights! We would not complain about our cross or about troubles that may happen to us, if we would come to know the scales on which they are weighed when they are distributed to people.

—*St. Rose of Lima*

FRIDAY, WEEK 5 (LUKE 24:29)

Stay with Me, Lord

Stay with me, Lord, because I am weak and I need your strength. You are my life and without you I am without fervor. You are my light and without you I am in darkness. Stay with me, Lord, for I desire to love you and always be in your company. Stay with me, Jesus, in life with all its dangers, I need you.

—*St. Padre Pio*

SATURDAY, WEEK 5 (1 JOHN 4:19)

Help Me to Love You

O God, worthy of infinite love, such is my desire towards you, that if I had all that you have, I would gladly and thankfully give it all to you. O Love, O God, you loved me first, grant that with my whole heart, and with my whole soul, and with my whole strength, I may love you. —*St. Gertrude the Great*

PASSION/PALM SUNDAY OF LENT (ROMANS 8:17)

Suffering with Christ



Lord, we thank you for having died on the cross for us. Those who suffer tribulations, suffering, persecutions, and are despised for the love of God are helping you carry your cross. Let us be glad when we are afflicted and the cross is most heavy on our shoulders, because then if we suffer with your patience we will begin to be your disciples.

—*St. Paul of the Cross*

MONDAY HOLY WEEK (COLOSSIANS 2:2)

One with God

O Sacred Heart of Jesus, give me a heart that is one with your own; a loving heart that has compassion for the suffering of others; a pure heart that recoils even at the appearance of evil; a heart detached from self-love and embraced by the love of God, its attention focused on God, its goodness is its only treasure in time and in eternity. —*St. Madeleine Sophie Barat*

TUESDAY HOLY WEEK (REVELATION 3:16)

Increase My Love

O my sweet Savior Christ, who in your undeserved love towards humankind, so kindly suffered the painful death on the cross, do not allow me to be cold or lukewarm in love again towards you.

—*St. Thomas More*

WEDNESDAY HOLY WEEK (JOHN 14:17)

Grace in Suffering

Our Father, you would not willingly call on us to suffer. You say all things work together for our good if we are faithful to you. Therefore, if you ordain it: through disappointment and poverty, sickness and pain, even shame and contempt and calumny, you will support us with the consolation of your grace and compensate us for any temporal suffering by the possession of that peace which the world can neither give nor take away.

—*St. Elizabeth Ann Seton*



HOLY THURSDAY (MARK 2:17)

The Power of the Eucharist

Almighty and ever-living God, I approach the sacrament of your only-begotten Son, I come sick to the doctor of life. Lord, in your great generosity, heal my sickness, wash away my defilement, enlighten my blindness, enrich my poverty, and clothe my nakedness. May I receive the sacrament of the Lord's body and blood, and its reality and power.

—*St. Thomas Aquinas*

GOOD FRIDAY (ROMANS 5:6-8)

He Died for Us

O my crucified God, behold me at your feet. Do not cast me out, now that I appear before you as a sinner. I have offended you exceedingly in the past but it shall be so no longer. Since you have been pleased to die for my sins, grant me forgiveness for them all for I desire to become good whatsoever it may cost. Take away, destroy, utterly root out all that you find in me contrary to your holy will. —*St. Gemma Galgani*

HOLY SATURDAY (I CORINTHIANS 15:54-55)

Christ's Victory

Lord Jesus, marvelous is your passion, the suffering that has warded off the sufferings of us all, that has atoned for all our sins, and cures effectually our every sickness. For what is there that tends to death, that your death does not utterly destroy? —*St. Bernard of Clairvaux*

EASTER SUNDAY (GALATIANS 2:19-20)

He Is Risen!

O day of resurrection! Let us beam with festive joy! Today indeed is the Lord's own passover, for from death to life, from earth to heaven, Christ has led us as we shout the victory hymn! Christ has risen from the dead! Yesterday I was buried with you, O Christ, today I rise with you as you arise. Yesterday I was crucified with you; glorify me with you, Savior, in your kingdom. —*St. John Damascene*

