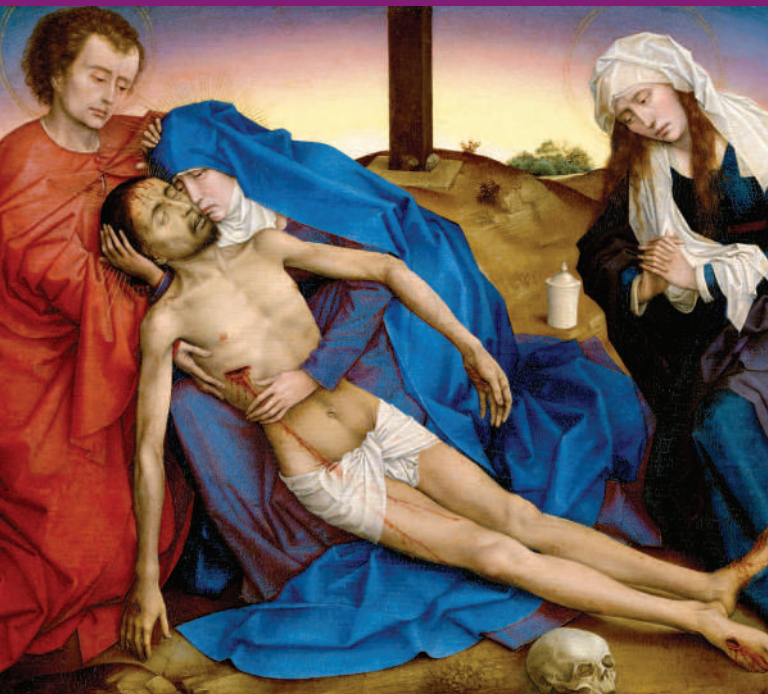


Make Each Day
Sacred



Prayers to Sanctify
EACH LENTEN DAY

Introduction

There is a tradition in many religions to pray several times a day in order to make the whole day sacred. For Catholics, this tradition is found in the prayers of the Liturgy of the Hours that clergy and many lay persons use to pray several times throughout the day. But for many of us whose time is taken up with many personal, family and work responsibilities, we might prefer a briefer set of prayers to be used to make each day more sacred.

So in this little prayer booklet, we have gathered prayers from the saints to use on the Sundays and special days of Lent and Holy Week. There are also prayers to use each day in the morning, midday and evening and for particular occasions like before your spiritual reading or preparing for the sacrament of reconciliation. Our hope is that using these prayers will help you to recall the presence of God who is constantly at work drawing you deeper into a relationship through Jesus in the power of the Holy Spirit. So may your Lenten season be blessed in a special way as you use these prayers to make each day sacred.

—*Steve Mueller, Editor*

Ash Wednesday

“Return to Me with Your Whole Heart.” (Joel 2:12)

O God, who have mercy on all, 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. *Amen.*

—*St. Ambrose*

Lord, I sometimes wander away from you, not because I am deliberately turning my back on you, but because of my inconstancy. I hesitate to give my whole self to you, thinking of myself as my own master. When I wander from you, my life becomes a burden, and within me I find nothing but darkness, fear and anxiety. So I come back to you and confess that I have sinned. Forgive me, Lord. *Amen.*

—*St. Aelred of Rievaulx*

*How might I do to draw closer to God
through this Lenten season?*

Morning Prayer

“This Day I Will Bless You.” (Haggai 2:19)

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. *Amen.*

—*St. Ignatius of Loyola*

Lord, grant that I may always allow myself to be guided by you, to follow your plans, and to perfectly accomplish your holy will. Grant that in all things, both great and small, today and all the days of my life, I may do whatever you require of me. Help me respond to the slightest prompting of your grace, so that I may be your trustworthy instrument for your honor. *Amen.*

—*St. Teresa of Avila*

*How might I be more attentive to God's
presence during this day?*

Midday Prayer

“My Soul Magnifies the Lord.” (Luke 1:46)

The angel of the Lord declared unto Mary,
and she conceived of the Holy Spirit.

Hail Mary...

Behold, the handmaid of the Lord;
be it done to me according to your word.

Hail Mary...

And the word was made flesh,
and dwelt among us.

Hail Mary...

Pray for us, O holy Mother of God;
that we may be made worthy of the
promises of Christ.

Pour forth, we beseech you, O Lord, your grace into
our hearts that we, to whom the incarnation of your
Son was made known by the message of an angel,
may by his passion and cross be brought to the glory
of his resurrection. We ask this through the same
Christ, our Lord. *Amen.*

*How might I be more receptive
to God's grace given to me today?*

Evening Prayer

“Protect Them from the Evil One.” (John 17:15)

Watch, O Lord Christ, with those who wake, or watch, or weep tonight, and give your angels and saints charge over those who sleep. Tend your sick ones. Rest your weary ones. Bless your dying ones. Soothe your suffering ones. Pity your afflicted ones. Shield your joyous ones. And all for your love's sake. *Amen.*

—*St. Augustine of Hippo*

Into your hands, O Lord, we commend this night our souls and our bodies, our parents and homes, friends and colleagues, neighbors and kindred, our benefactors and the faithful departed, all folk rightly believing and all who need your protection. Light us with your grace and do not let us be parted from you, O Lord in Trinity, God everlasting. *Amen.*

—*St. Edmund of Abingdon*

*When and how has God been
most present to me today?*

Before Scripture Reading or Prayer

“Teach Me Your Paths.” (Psalm 25:4)

Jesus, open the eyes of my heart, that I may hear your word and understand and do your will. Open the eyes of my mind to the understanding of your Gospel teachings. Speak to me the hidden and secret things of your wisdom. Enlighten my mind and understanding with the light of your knowledge, not only to cherish those things that are written, but to do them. *Amen.*

—*St. John Chrysostom*

Gracious and Holy God, give me intellect to understand you, reason to discern you, diligence to seek you, wisdom to find you, a spirit to know you, a heart to meditate upon you, ears to hear you, eyes to see you, a tongue to proclaim you, a way of life pleasing to you, patience to wait for you and perseverance to look for you. *Amen.*

—*St. Benedict*

*How has reading God's Word
most helped me change?*

Before Confession

“Forgive Us Our Sins.” (Luke 11:4)

I pray you, gentle Jesus, by your precious blood, deliver me from all evils, past, present and to come. Give me a lively faith, a firm hope and perfect charity, so that I may love you with all my heart and all my soul and all my strength. Make me firm and steadfast in good works and grant me perseverance in your service so that I may be able to please you always. *Amen.*

—*St. Clare of Assisi*

Forgive the sins I have committed this day by word, deed or thought. Purify me, O Lord, from every spiritual and physical stain. Grant that I may glorify you by my deeds throughout my entire lifetime, and that I be victorious over every spiritual and physical enemy. Deliver me, O Lord, from all vain thoughts and from evil desires. *Amen.*

—*St. Macarius of Egypt*

*What is most harmful to my relationship
with God and with others that I need to confess
and to change?*

First Sunday of Lent

“Do Not Bring Us to the Time of Trial.” (Matthew 6:13)

I know too well that I am weak and changeable. I know the power of temptation against the strongest virtue. While I hope in you, I am sheltered from all misfortune, and I am sure that my trust shall endure, for I rely upon you to sustain this unfailing hope. *Amen.*

—*St. Claude de la Colombière*

What temptations in my life do I need to resist?

Second Sunday of Lent

“We Will Also Live with Christ.” (Romans 6:8)

Look on us, Lord, and let all the darkness of our souls disappear before the beams of your brightness. Fill us with your holy love and open to us the treasures of your wisdom. We seek your face so turn your face to us and show us your glory. Then our longing will be satisfied and our peace will be complete. *Amen.*

—*St. Augustine*

How does Christ's transfiguration give me hope?

Third Sunday of Lent

“My Soul Thirsts for You.” (Psalm 63:1)

Lord Jesus, leave us not, forsake us not. We thirst for you, fountain of living water. Our days pass quickly along, soon all will be consummated for us. To your hands we commend our spirits, now and forever. *Amen.*

—*St. Elizabeth Ann Seton*

What do I most want Jesus to do for me this Lent?

Fourth Sunday of Lent

“Lord, Let Our Eyes Be Opened.” (Matthew 20:23)

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! *Amen.*

—*St. Thérèse of Lisieux*

*What most keeps me from seeing Jesus’
presence in my life?*

Fifth Sunday of Lent

“My Hope Is in You.” (Psalm 39:7)

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. *Amen.*

—*St. Anthony Claret*

*What most keeps me from hoping to share
Christ's life now?*

Passion/Palm Sunday

“Christ Died for Us.” (Romans 5:8)

Give me your grace, good Lord God, to walk the narrow way that leads to life; to bear the cross with Christ; to have continually in mind the passion that Christ suffered for me; to give him thanks unceasingly for his benefits, and to buy back the time that I before have lost. *Amen.* —*St. Thomas More*

*How might I be more ready to take up
my cross this week?*

Holy Thursday

“This Is My Body, Given for You.” (Luke 22:19)

O God, as I approach the sacrament of your only-begotten Son, I come sick to the doctor of life. 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. *Amen.*

—*St. Thomas Aquinas*

Lord Jesus Christ, I approach your banquet table in fear and trembling, for I am a sinner, and dare not rely on my own worth, but only on your goodness and mercy. May your body and blood, which I intend to receive, although I am unworthy, be for me the remission of my sins, the washing away of my guilt, the end of my evil thoughts and the rebirth of my better instincts. *Amen.*

—*St. Ambrose*

*How might I invite Jesus
to transform me from within?*

Holy Thursday Adoration

“Remain Here and Keep Watch.” (Mark 14:34)

I adore you, Lord and Creator, hidden in the most blessed sacrament. And although you have hidden yourself and concealed your beauty, my eye, enlightened by faith, reaches you and my soul recognizes its creator, its highest good, and my heart is completely immersed in prayer of adoration. *Amen.*

—*St. Faustina Kowalska*

Stay with me, Jesus, for it is getting late and the day is coming to a close. It is necessary to renew my strength, so that I will not stop along the way. I fear the darkness, the temptations, the dryness, the cross, the sorrows. O how I need you, Jesus, in this night of exile! Stay with me tonight, Jesus. In life with all its dangers, I need you. *Amen.*

—*St. Padre Pio*

*Why do I most want Jesus to remain
with me tonight?*

Good Friday

“By His Wounds You Have Been Healed.” (1 Peter 2:24)

Jesus Christ, may your death be my life and in your dying may I learn how to live. May your struggles be my rest, your human weakness my courage, your embarrassment my honor, your passion my delight, your sadness my joy, your humiliation my exaltation. In a word, may I find all my blessings in your trials. *Amen.*

—*Bl. Peter Faber, SJ*

Jesus, by your dying we are born to new life. By your anguish and labor we come forth in joy. Through your goodness despair turns to hope. Through your gentleness we find comfort in fear. Your warmth gives life to the dead. Your touch makes sinners righteous. In your mercy heal us, in your love and tenderness remake us, in your compassion bring grace and forgiveness. May your love prepare us for the beauty of heaven. *Amen.*

—*St. Anselm of Canterbury*

*How might I be more faithful to living
God's ways as Jesus was?*

Holy Saturday

“Your Life Is Hidden with Christ in God.” (Colossians 3:3)

My God, I believe most firmly that you watch over all who hope in you, and that we can want for nothing when we rely upon you in all things. Therefore I am resolved for the future to cast all my cares upon you. Let others seek happiness in their wealth and in their talents but as for me, my confidence in you fills me with hope. For you, my divine protector, alone have settled me in hope. *Amen.*

—*St. Claude de la Colombière*

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. *Amen.*

—*St. Benedict*

*How has Jesus most renewed my life
during the Lenten season?*

Easter Sunday

“The Lord Has Risen Indeed!” (Luke 24:34)

O day of resurrection! Let us beam with festive joy! Today indeed is the Lord's own Passover. 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. *Amen.*

—*St. John of Damascus*

O Risen Christ, our life had no hope of eternal happiness before you redeemed us. Your resurrection has washed away our sins, restored our innocence and brought us joy. How inestimable is the tenderness of your love! We pray you, Lord, to preserve your servants in the peaceful enjoyment of this Easter happiness. *Amen.*

—*Pope St. Gregory the Great*

How might I most share my Easter joy today?