

Change Our
HEARTS



Praying through Lent
WITH THE SAINTS

Introduction

Just as households clean and dust to prepare for guests, so each year we set aside Lent to prepare our hearts to celebrate the Easter mystery of Christ's resurrection and abiding presence with us. This preparation requires a renewed attention to the many ways we have broken down our friendship with Christ through our lack of attention to his words and our failure to follow his ways. Our challenge is to discover what keeps us from making a proper dwelling place for Christ in our hearts, ask forgiveness for these failures and find ways to change our lives so that Christ might enter once again into a cleansed dwelling.

One way to meet this Lenten challenge is to intensify our daily prayer. In this handy booklet we have collected prayers from many saints to provide a daily help for keeping the Lenten season. Start or find time in your day to spend some quiet moments with God. Each brief prayer also includes a helpful reference to a Bible verse and a suggestion for more personal reflection that continues the theme of the prayer. In this way you will gradually open your heart to God who will gladly come to stay in the newly restored dwelling place of your heart.

—*Steve Mueller, Editor*

Open My Heart

ASH WEDNESDAY (REVELATION 3:20)

Open our hearts, O Lord, and enlighten our minds by the grace of your Holy Spirit, that we may seek what is well-pleasing to you and so order our doings after your commandments, that we may be found fit to enter into your everlasting joy

—*St. Bede the Venerable*

What most keeps my heart closed to God's entry?



Pierce My Heart

THURSDAY AFTER ASH WEDNESDAY (PSALM 109:22)

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 and my heart be your perpetual habitation.

—*St. Bridget of Sweden*

How might I better prepare for God to dwell in me?

Nothing but God

FRIDAY AFTER ASH WEDNESDAY (PSALM 62:1)

God, I want nothing but you—to rest in you, completely, being strengthened more and more to serve you by my total dependence on your divine providence. O eternal and fatherly goodness! My heart opens itself to you.

—*St. Jane Frances de Chantal*

How might better I open my heart to invite God in?

Dwell in Me

SATURDAY AFTER ASH WEDNESDAY (1 CORINTHIANS 6:19)

O Lord, my God, in your loving kindness you desire to dwell

in me. You ask me to open the door of my heart so that you may enter into it with your loving kindness and dispel the darkness of my mind.

—*St. John Chrysostom*

How have I most felt God's presence within me?

Deliver Us from Temptation

FIRST SUNDAY OF LENT (JAMES 1:12)

May the power of God preserve 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*

What temptations most worry me today?



Thirsting for You

MONDAY, WEEK 1 (PSALM 42:2)

Jesus, may my heart always hunger and feed on you, my soul thirst for you. May I always seek and find you, think about you, speak to you and do everything for your honor and glory.

—*St. Bonaventure*

How am I seeking God anew this Lent?

Renewing My Commitment

TUESDAY, WEEK 1 (MARK 9:24)

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.

—*St. Anthony Claret*

How can I follow Christ's ways more closely today?

Return to God

WEDNESDAY, WEEK I (JOEL 2:12)

When I wander from you, Jesus, my life becomes a burden and I find nothing in me but darkness, fear and anxiety. So I come back to you and confess that I have sinned. Forgive me, Lord. —*St. Aelred of Rievaulx*

How am I returning to God to start anew?

Give Us Your Gifts

THURSDAY, WEEK I (I CORINTHIANS 4:7)

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*

Which of God's gifts am I most thankful for?

Hiding Nothing

FRIDAY, WEEK I (PSALM 38:18)

Holy Spirit, fire of love, come rest over me and make my tongue ready to confess my sins, that in revealing everything and concealing nothing, I may attain heavenly life.

—*St. Anthony of Padua*

What do I most try to hide from others and from God?

Your Word Is Our Light

SATURDAY, WEEK I (PSALM 119:105)

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*

How has my scripture reading most helped me this Lent?

Glorify God

2ND SUNDAY OF LENT (MATTHEW 5:16)

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*

How has my keeping Lent most helped me change?

Come, Holy Spirit

MONDAY, WEEK 2 (JOHN 14:26)

O Holy Spirit, come to us, help us, enter into our hearts. Teach us what we should do, what path to follow. Guide our decisions so that all we do may be in harmony with you.

—*St. Isidore of Seville*

How have I felt the Holy Spirit at work in me?

Stay with Me

TUESDAY, WEEK 2 (LUKE 24:29)

Stay with me, Jesus, for I fear the darkness, the temptations, the dryness, the cross, the sorrows. O how I need you, my Jesus, in life with all its dangers.

—*St. Padre Pio*

Why do I most want Jesus to stay with me?

Day by Day

WEDNESDAY, WEEK 2 (2 CORINTHIANS 4:16)

Jesus, most merciful redeemer, friend and brother. May I know thee more clearly, love thee more dearly, follow thee more nearly, day by day.

—*St. Richard of Chichester*

How have I grown more loving this Lent?



Heal Us

THURSDAY, WEEK 2 (HOSEA 6:1)

Lord Jesus, 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.

—*St. Anselm of Canterbury*

What do I most want God to heal in me?

Teach Me to Pray

FRIDAY, WEEK 2 (LUKE 11:1)

Lord, teach me how to pray. O Lord, in my meditation, let a fire flame out. Open my lips, O Lord, and my mouth will declare your praise.

—*St. John Berchmans*

What most needs improving in my prayer?

Be Merciful

SATURDAY, WEEK 2 (PSALM 57:1)

O Lord, be not mindful of my many sins, but forgive me all my misdeeds, for your mercy to me is without limit. You have been my help and my protection.

—*St. Ephrem of Syria*

What sins do I most want to stop or change?

Accept Forgiveness

3RD SUNDAY OF LENT (COLOSSIANS 3:13)

Give us grace, Lord, to receive forgiveness from others when we have wronged them. Take away our pride and resentment and give us the humility and courage to accept fully and freely the forgiveness that they offer to us.

—*St. Thomas More*

Who and for what must I ask to be forgiven?



Guide Me

MONDAY, WEEK 3 (PSALM 31:3)

Lord, grant that I may always allow myself to be guided by you, follow your plans and perfectly accomplish your holy will. Grant that in all things, great and small, today and all the days of my life, I may do whatever you require of me.

—*St. Teresa of Avila*

What might God be requiring of me today?

Forgive My Sins

TUESDAY, WEEK 3 (PSALM 25:18)

O Jesus, overlook in your goodness and love all my offenses whether committed with knowledge or in ignorance, and make me worthy to receive your divine, glorious, spotless and life-giving mysteries.

—*St. John of Damascus*

For what offenses might I most need to ask forgiveness?

Treasuring Your Word

WEDNESDAY, WEEK 3 (PSALM 119:11)

Lord, as I read your words, let me hear you speaking. As I reflect on each page, let me see your image. As I seek to put your precepts into practice, let my heart be filled with joy.

—*St. Gregory Nazianzen*

What most delights me about reading God's Word?

A Grateful Heart

THURSDAY, WEEK 3 (PSALM 86:12)

O Holy Spirit, divine consoler, I adore you as my true God and I give you my heart and offer my ardent thanksgiving for

all the graces that you never cease to bestow on me.

—*St. Alphonsus Liguori*

Which of God's gifts am I most thankful for today?

Praise the Lord

FRIDAY, WEEK 3 (PSALM 30:4)

Praised be you my Lord through those who grant pardon for love of you and bear sickness and trial. Blessed are those who endure in peace, for by you most High, they will be crowned.

—*St. Francis of Assisi*

How might I try to help someone who is sick today?



Ask from the Heart

SATURDAY, WEEK 3 (LUKE II:9)

O desire of my soul, grant me the favor I earnestly ask. Hearken to the cry of my heart. You know, O Lord, what I ask of you. My heart has so often told you. —*St. John Eudes*

For what do I most want to ask of God today?

Help Us

4TH SUNDAY OF LENT (2 CORINTHIANS I:10)

O God, open our eyes to know you and place our hope in you, who lift up the humble and lay low the mighty. Help us and rescue all those who are in trouble. —*Pope St. Clement I*

How might I help someone in trouble today?

Cleanse Me

MONDAY, WEEK 4 (PSALM 51:2)

Merciful God, wash away my faults and stains with your precious blood, and give me the protection I need to amend my life and surrender myself wholly to you.

—*St. Peter Canisius*

How do I need to change my ways to be more like Jesus?

Our Way to the Father

TUESDAY, WEEK 4 (JOHN 14:6)

O sweet Christ, Christ-love, you are the way and the door through which we must enter in order to reach the Father. What more could you give me than to give me yourself?

—*St. Catherine of Siena*

How am I now more closely following Jesus as my way to God?

Reject Evil

WEDNESDAY, WEEK 4 (JAMES 4:7)

My God, I love you above all things and I hate and detest the sins by which I have offended you, because they are displeasing in your sight, who are supremely good and worthy to be loved.

—*St. Francis Xavier*

Which of my sins do I detest the most?



Be With Us

THURSDAY, WEEK 4 (PSALM 27:9)

Lord Jesus, leave us not, forsake us not. We thirst for you, fountain of living water. To your hands we commend our spirits, now and forever.

—*St. Elizabeth Ann Seton*

What do I like most about Jesus' presence with me?

Trying to Love

FRIDAY, WEEK 4 (JOHN 15:9)

I love you, O my God, and my only desire is to love you. And 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*

How might I show my love for God in my actions today?

Cleanse Me

SATURDAY, WEEK 4 (JAMES 4:8)

O God, purify me from evil ways and put an end to my evil passions. Unite me more closely to you and lead me safely through death to everlasting happiness with you.

—*St. Thomas Aquinas*

How have I drawn closer to God and changed this Lent?

Unlimited Mercy

5TH SUNDAY OF LENT (1 PETER 1:3)

O Lord, be not mindful of my many sins, but forgive me all my misdeeds, for your mercy to me is without limit. You have been my help and my protection.

—*St. Ephrem of Syria*

How have I most experienced God's mercy to me?

Help Me

MONDAY, WEEK 5 (PSALM 71:12)

Jesus, I feel within me a great desire to please you but, at the same time, I feel totally incapable of doing this without your special light and help, which I can expect only from you.

—*St. Claude de la Colombière*

For what do I most want to ask God's help?

I Trust in You

TUESDAY, WEEK 5 (PSALM 31:14)

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. May I never forget or be separated from you.

—*St. Margaret Mary Alacoque*

How has God most been with me in times of trouble?

Give Me a New Heart

WEDNESDAY, WEEK 5 (EZEKIEL 36:26)

O God, who have mercy on all, take away my heart of stone, and give me a heart to love and adore you, a heart to delight in you, to follow and enjoy you, for Christ's sake.

—*St. Ambrose*

What most delights or surprises me about God?

Fear Not

THURSDAY, WEEK 5 (ISAIAH 41:10)

O Christ Jesus, help us to have perfect trust in your protecting love and strengthening power, so that nothing may frighten or worry us, for, living close to you, we shall see your hand, your purpose, your will through all things.

—*St. Ignatius of Loyola*

What worries do I most want to hand over to God?



I Am Yours

FRIDAY, WEEK 5 (PSALM 119:94)

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*

How might I give myself to God today?

Speak to Me

SATURDAY, WEEK 5 (PSALM 143:10)

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.

—*St. John Neumann*

What might God be desiring me to do today?

Being Like Jesus

PASSION/PALM SUNDAY (MATTHEW 10:24-25)

God, make me more like Jesus. Help me to bear difficulty, pain, disappointment and sorrow knowing that you can use such bitter experiences to shape my character and make me more like Christ. I hope for that day when I shall be wholly like Christ, because I shall see him as he is.

—*St. Ignatius of Antioch*

How might I better imitate Jesus' fidelity to God's ways today?

The Hidden Jesus

MONDAY HOLY WEEK (GALATIANS 2:20)

You have heard me, only Friend whom I love. You shed your blood—what a supreme mystery! 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*

How has Jesus been most present to me this Lent?

Learning from Jesus

TUESDAY HOLY WEEK (PHILIPPIANS 3:10)

Jesus Christ, may your death be my life and in your dying may I learn how to live. May your struggles be my rest, and may I find all my blessings in your trials. —*Bl. Peter Faber, SJ*

What have I most learned about Jesus this Lent?

Deliver Us from Evil

WEDNESDAY HOLY WEEK (MATTHEW 6:13)

Protect O Lord, those who cry to you for help. Uphold us in our weakness, and cleanse us from our earthliness. In your mercy, deliver us from all evil.

—*St. Leo the Great*

From what evil do I most want to be delivered?



I Will Be with You

HOLY THURSDAY (I CORINTHIANS II:26)

Lord Jesus, who in the eucharist make your dwelling among us and become our traveling companion, sustain our Christian communities so that they may be ever more open to listening and accepting your word. —*Pope St. John Paul II*

How might I better participate in the eucharistic liturgy?

Changed by His Death

GOOD FRIDAY (I PETER 2:24)

O most gentle Jesus by your most bitter death give us a lively faith, a firm hope and a perfect charity, that with our whole hearts we may love you with all our soul and strength.

—*St. Clare of Assisi*

How might I take up my own cross today?

Live with Me

HOLY SATURDAY (EPHESIANS 3:16-17)

Here is my heart, O God, here it is with all its secrets. Look into my thoughts and take away all my wrong feelings. Let my eyes be ever on you and release my feet from the snare. Live with me, reign in me, make my heart a holy temple, a fit dwelling for your divine majesty. —*St. Augustine of Hippo*

How might I be more attentive to Christ's presence from now on?



Christ Is Risen!

EASTER SUNDAY (LUKE 24:5)

O death, where is your sting? O Hades, where is your victory? Christ is risen and you are abolished. Christ is risen and the demons are cast down. Christ is risen and the angels rejoice. Christ is risen and the tomb is emptied of the dead. To him be glory and power for ever and ever.

—*St. John Chrysostom*

*How might I share the joy of Easter
with others today?*

