

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 to strengthen ourselves as a people through prayer, fasting and almsgiving, so that we are better able to give ourselves -- 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 faith growth as a family.

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.

A Lenten Prayer

After brief sharing (or a moment of silence), the leader offers the prayer for the day. Use one prayer for each week of Lent or use one per day. All respond:

Lord, hear us and keep us in your love.

A 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

Response: *Lord, hear us and keep us in your love.*

Journey

Blessed are you, Lord our God. You accompany us all the days of our lives. Stay with us on our journey back to the Father. Give us the strength to walk together as a family, and help all who cross our path along the way.

Healing

Blessed are you, Lord our God. You heal the pain of separation and want. Heal us of all our hurts. Help us to be for others, in our family and world, the healing presence that Jesus is for us.

Hospitality

Blessed are you, Lord our God. You welcome us always with open arms. May we find space in our hearts, and in our homes, for those in need of welcome and a place of rest.

Compassion

Blessed are you, Lord our God. You feel the pain of those in need and take their suffering upon yourself. Help us to identify more with those in need, in our neighborhood and throughout our world, and to do our part to ease the burdens they bear.

Faithfulness

Blessed are you, Lord our God. You remain faithful to your commitments and promises. Give us the strength to remain true to each another in family, and to the vision of a Kingdom of love and justice preached by Jesus in word and deed.

Generosity

Blessed are you, Lord our God. You remind us that all we are and have is gift. May we be as generous in our sharing with one another as you are in your sharing with us.

Courage

Blessed are you, Lord our God. You take on our humanity and call us to be all we can. Give us the courage we need to change our lives, to live, like Jesus, for others. Help us have the courage to really care.