

Lenten Lockdown Prayer Resources



Lenten Prayer

GOD OF GOODNESS AND MERCY,

**HEAR MY PRAYER AS I BEGIN THIS LENTEN JOURNEY WITH YOU.
LET ME BE HONEST WITH MYSELF AS I LOOK INTO MY HEART AND SOUL,
NOTICING THE TIMES I TURN AWAY FROM YOU. GUIDE ME AS I HUMBLY SEEK
TO REPENT AND RETURN TO YOUR LOVE.**

**MAY HUMILITY GUIDE MY EFFORTS TO BE RECONCILED WITH YOU AND LIVE FOREVER
IN YOUR ABUNDANT GRACE.**

**TRANSFORM ME THIS LENT, HEAVENLY FATHER. GIVE ME THE STRENGTH TO
COMMIT MYSELF TO GROW CLOSER TO YOU EACH DAY.**

AMEN.



Prayer for Lent


Loving God,

As the season of Lent unfolds, you call us to return again and again.

As you invite us to reflect on your love made visible in the person of Jesus, align our lives more closely with you through prayer, fasting and generous giving.

Bless our desire to accompany Jesus' suffering here and now in the crucified people of our world.

With your grace, may we live Lent fully and move with transformed hearts into the abundant life of Easter morning.

Amen.

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A PRAYER FOR LENT

Loving God,
I commit this coming season of Lent to you
And ask you to show me what I need to turn away from,
And what I need to turn towards.
Shine your loving light in those dark parts of my heart,
And bring new life, new hope and new possibilities.
Help me to walk more closely with Jesus,
To know that I am deeply loved,
And to share his love with others.
Amen.

“ARCHBISHOP JUSTIN WELBY

DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your hearts with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.

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A Prayer for Lenten Simplicity

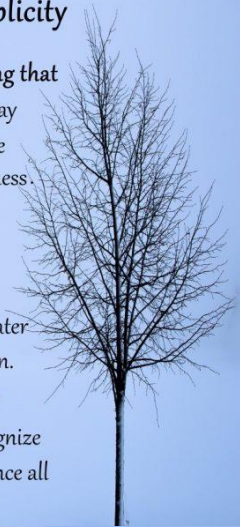
Free me, Lord Jesus, from anything that obstructs my way to you. Clear away the clutter of petty grudges. Remove smudges of resentment and bitterness.

Cleanse me of thoughts filled with anger envy, or self-pity.

Create space in my life for more kindness and less spitefulness, greater generosity and stronger compassion.

Enlarge my heart with a spirit of gratitude this Lent, so that I recognize the simple gifts that lay in abundance all around me.

In your sacred name, I pray. Amen.



A Prayer for Lenten Grace

Loving God,
During the sacred season of Lent, bring me closer to you. Prepare a place in my home and heart for silence and solitude, so that I may re-discover the grace of a prayer-full life.

Help me to fast from those things that threaten the well-being of body and soul and remind me of the grace of simplicity.

Enlarge my heart so that I give to those in need and, in so doing, re-discover the grace of gratitude and generosity.

May this season be a grace-filled time to rekindle my love for and faith in you.

Amen.



Soul-nourishing Practices for Lent

Fast from busyness.

Take a slow walk around a neighborhood park or other natural place. Listen to the sounds around you – of nature, of people, of silence – and let your soul find rest in the moment.

Fast from emotional exhaustion.

When feeling a soul-draining emotion, such as resentment, hurt, anger, or fear, give yourself time and space to let it rise and then subside. Don't judge, bury, or ignore it, but let it play itself out before choosing a way to respond.

Fast from negativity.

Pay attention to times when you find yourself indulging in skepticism or sarcasm, cynicism or contempt. Make a conscious effort to turn your thoughts around to something positive, hopeful, and life-enhancing.

Fast from verbal violence.

Look for ways to replace hurtful words with healing ones. Be mindful of abstaining from television shows, films, books, articles, and other forms of media that are filled with hateful, judgmental, or cruel words, images, and actions.

*"This, rather, is the fasting that I wish: releasing those bound unjustly, untying the thongs of the yoke; Setting free the oppressed, breaking every yoke; Sharing your bread with the hungry, sheltering the oppressed and the homeless; Clothing the naked when you see them, and not turning your back on your own."
~ Isaiah 58:6-7*

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**Dear Lord, as I begin
my journey toward
spiritual growth,
help me to look
deep within myself
and let go of the old
and embrace the new
life that comes from you.**