

**Day 27- To count blessings-** Scripture: 1 Thes 5:18

*Dear God, let me count my blessings, not my burdens.*

**Day 28- To be an encourager-** Scripture: Heb 10:24

*Dear God, I know that more people give up and give in due to lack of encouragement, so let me be an encourager.*

**Day 29- To be far more loving-** Scripture: 1 Pt 4:8

*Dear God, help me to love everyone and show that all are included in your love.*

**Day 30- For patience in suffering-** Scripture: Prv: 3:5

*Dear God, let me bear troubles & traumas with patience & with trust in you.*

**Day 31- To resist temptation-** Scripture: Jas 1: 14

*Dear God, grant me the grace to resist the worldly temptations of materialism, commercialism, and greed.*

**Day 32- For perseverance in good works-** Scripture: Gal 6:9

*Dear God, protect me from discouragement as I serve others in your name.*

**Day 33- To be a mirror-** Scripture: 1 Thes 5:11

*Dear God, may I reflect back to people their own essential desire to love, to care and to be kind.*

**Day 34- For an open heart-** Scripture: Eph: 1: 18

*Dear God, let me have an open, receptive heart.*

**Day 35- To put love into action-** Scripture: Jn 13:34

*Dear God, let me put love into action moment by moment, hour by hour, day by day.*

**Day 36- To bring light-** Scripture: Mt 5:14

*Dear God, allow me to be a beacon of light for all who are discouraged and despairing, weary and worn out so that they will not curse the darkness.*

**Day 37- For more careful study of the Gospel-** Scripture: Ps 119: 47

*Dear God, create in me a desire to set aside time to study and reflect on Scripture, especially the Gospels.*

**Day 38- To overlook faults-** Scripture: Lk 6:37

*Dear God, let me be ignorant of the faults of others.*

**Day 39- For greater inner peace-** Scripture: Phil 4:7

*Dear God, help me cultivate your peace which surpasses all understanding.*

**Day 40- To continue advancing spiritually-** Scripture: Lk 2:52

*Dear God, may my Lenten practices help to make great advances in my spiritual life, and may those continue throughout the year.*



# Lent

A season of spiritual preparation



## Spiritual Preparation for Home

# LENT

A TIME TO PREPARE

## 40 Prayers for the 40 Days of Lent

### The Season of LENT

Lent is the yearly celebration by the Church of its corporate conversion in Jesus Christ. It prepares the faithful for Easter as they recall their baptism and do penance in preparation for the greatest feast of the year.

Lent has two major purposes: It recalls or prepares for baptism, and emphasizes a spirit of penance. Through forty days of closer attention to God's word and of more fervent prayer, believers are prepared to celebrate the paschal mystery.

During Lent, it is especially important to remember the social consequences of sin as well as the fact that the heart of the virtue of penance is hatred of sin as an offence against God. Let us pray and do penance not just for ourselves but for all sinners.

**The season of Lent is designed as a time for intentionally taking steps toward greater spiritual discipline, spiritual simplicity, spiritual renewal & spiritual growth.**

**Here are 40 Prayers for the 40 Days of Lent.**

**Day 1- For self-improvement-** Scripture: Lk 6:42

*Dear God, help me to focus and fix my flaws rather than judging others.*

**Day 2- To carry my cross-** Scripture: Mt 16:24

*Dear God, I do not pray for deliverance from burdens, but for the strength and patience to bear them.*

**Day 3- To help carry another person's cross-** Scripture: Mk 15:21

*Dear God, let me be like Simon who helped Jesus carry his cross. When I see someone struggle with a burden may I be the one who helps lift it.*

**Day 4- To cultivate silence-** Scripture: 1 Kg 19:12

*Dear God, let me discipline myself to make time for silent meditation. Help me to be still and thereby come to know deeper thoughts.*

**Day 5- To do the will of God-** Scripture: Lk 22:42

*Dear God, my sincere prayer today is "thy will be done."*

**Day 6- For deeper joy-** Scripture: Ps 118:24

*Dear God, let me find joy & happiness daily, even in the most unpromising of circumstances.*

**Day 7- To be a peacemaker-** Scripture: Mt 5:9

*Dear God, Jesus said 'Blessed are the peacemakers.' I Strengthen my resolve to be a peacemaker and to encourage others to do the same.*

**Day 8- To eat vegetarian-** Dn 1:11

*Dear God, through this season of Lent, empower me to be like the prophet Daniel who practiced vegetarianism. Scripture:*

**Day 9- For a simpler life-** Scripture: Mt 19:24

*Dear God, I resolve to clean out my home, giving away what is unused, unneeded and unnecessary so that I may be unfettered from material things.*

**Day 10- To serve others-** Scripture: Mt: 23:11

*Dear God, I want to be your hands and feet in serving & helping others.*

**Day 11- To reduce arrogance-** Scripture: Prv 16:18

*Dear God, let me clearly see and overcome arrogance and pride when they appear in my person.*

**Day 12- For a deeper desire of God-** Scripture: Ps 119:18

*Dear God, increase within me the very desire to know you more clearly and more deeply.*

**Day 13- To be kinder-** Scripture: 2 Kgs 25:28

*Dear God, enlarge and expand kindness within me so that I am kinder than is necessary.*

**Day 14- For a humble spirit-** Scripture: Mt 6:3

*Dear God, no matter how many virtues I may have, let me retain a spirit of humility and modesty.*

**Day 15- To drop judgement-** Scripture Mt 7:1

*Dear God, let me put an end to being judgmental.*

**Day 16- To forgive-** Scripture Acts 7:60

*Dear God, help me become a great forgiver so that I am not waiting in ambush for revenge.*

**Day 17- For self-forgiveness-** Scripture: Is 43:25

*Dear God, I do not wish to live with the burden of guilt. Help me to accept your forgiveness, let go of the past and embrace the future.*

**Day 18- To bless an enemy-** Scripture: Rom 12:20

*Dear God, rather than retaliate against an enemy, help me find ways to bless and possibly transform an enemy into a friend.*

**Day 19- To overcome-** Scripture: 1 Jn 4:4

*Dear God, let me triumph over every tragedy.*

**Day 20- To care for our world-** Scripture: Ps 89:11

*Dear God, help me to care for your creation and to seek to correct whatever threatens harm to it.*

**Day 21- To be like an angel-** Scripture: Heb 1:14

*Dear God, let me be an angel of mercy, ministering to those who are struggling.*

**Day 22- For right speech-** Scripture: Prv 16:24

*Dear God, may my words inspire, not injure; heal not hurt.*

**Day 23- For hope-** Scripture: Zep 3:17

*Dear God, may I always hope for the best, believe in the best and work for the best in all circumstances.*

**Day 24- To learn from pain-** Scripture: Gn 50:20

*Dear God, I don't want my pain to be wasted. Let me learn from it and unite it to Christ's pain.*

**Day 25- To believe that God is good-** Scripture: Nm 14:18

*Dear God, open my eyes to see your unconditional love for me.*

**Day 26- To affirm faith in myself-** Scripture: 2 Cor 5:17

*Dear God, help me believe that, with your help, I have the inner strength to change.*