

# PRAYERS FOR LENT and HOLY WEEK

## **Ash Wednesday**

God your love for us has no limits. Your love surrounds us and supports us at all times and in all places. On Ash Wednesday we begin the Holy season of Lent. Today we receive blessed ashes traced on our forehead in the shape of a cross. Help this ritual to remind us that life has no meaning apart from a deep dedication to loving you and serving one another. Help us to overcome selfishness and grow in generosity. We pray in the name of Jesus, the Lord *Amen*.

## **First Week of Lent**

Loving God, you give us the gift of Lent that we might recall how deep your love is for us. During this first week of Lent, help us to let go of habits and behaviours that are self-destructive. Strengthen our understanding of one another and our compassion for those who suffer rejection and cruelty. Help us to reach out in kindness to those who are unhappy. We pray in the name of Jesus, the Lord. *Amen*.

## **Second Week of Lent**

God our loving parent, Lent is a time to become less centred on ourselves and more centred on others. During this second week of Lent, help us to find a few minutes in each day to pause and be aware of your presence in our lives, in our school, and in our world. Help us to make one extra effort daily to encourage someone who may feel discouraged, or include someone who may feel lonely. We pray in the name of Jesus, the Lord. *Amen*.

## **Third Week of Lent**

Lord Jesus, you call us to a deep change of heart. During Lent we focus on your invitation to turn away from superficial values and self-destructive behaviours. You call us to accept abundant life and a joy that only you can give. Help us to open our hearts to the presence of your Spirit. We pray in your holy name. *Amen*.

## **Fourth Week of Lent**

God our loving Creator, sometimes we find it difficult to be hopeful. Sometimes life can be so discouraging. During Lent, remind us to turn to you and to one another to find a deeper hope and a deeper joy. Help us to see that no matter how hard life may seem, there are always people who want to help. Help us to see that, above all, you want to fill our hearts with a peace that no one else can give. We pray in the name of Jesus, the Lord. *Amen*.

## **Fifth Week of Lent**

Loving God, you wait for us in every moment and every experience of our day. As Lent progresses, make us more aware of your unconditional love for us. Help us to be more vulnerable to one another, more open to one another's needs, and more open to your gift of yourself to us. We open our hearts to you. Remind us to trust you, especially when we are fearful. We pray in the name of Jesus, the Lord. *Amen*.

### **Sixth Week of Lent**

God, during this last week of Lent we thank you for your many blessings. We thank you for allowing us to become less centred on self and more open to the needs and concerns of others. Help us now to become more open to life and more eager for living. Help us to prepare ourselves to celebrate the resurrection of your son, Jesus. We pray in your name. *Amen.*

### **Holy Thursday**

Lord Jesus, we remember your gift of your whole self, body and blood, soul and divinity to your people at the Last Supper. In the Eucharist you nourish us as we dedicate ourselves over and over to a life based on love of God and neighbour. Deepen our appreciation and respect for this great sacrament, Lord Jesus. We pray in your holy name and in your Holy Spirit. *Amen.*

### **Good Friday**

Lord Jesus, we remember your death on the cross. Because of your love for us, you accepted a deeply painful and unjust death. You could have escaped death, but you wanted to share fully in all that it means to be human, even the death that we all must pass through. You wanted to save us. We thank you for drinking the cup of human existence to the last drop. Help us, in and through your Holy Spirit, to do the same. We pray in your holy name. *Amen.*

