



Carry Your Cross Through Lent

**WHOEVER WISHES TO COME AFTER ME MUST DENY HIMSELF,
TAKE UP HIS CROSS, AND FOLLOW ME."**

Lenten Prayer

Almighty God and Father,

Look with favor upon us, and hear our prayer during this holy season of Lent. By the good works you inspire, help us to discipline our minds and bodies, and to be renewed in hope, a hope for peace and harmony in our community and throughout the world. By your spirit, help us to know what is right and to be eager in doing your will. Teach us to find new life through prayer, fasting and almsgiving. Remind us of the importance of sacrificing for others as your precious Son, Jesus, sacrificed for us. Help us to see clearly our sins and to turn away from them with humility and resolve.

Show us the way to live by your commandment of love.

Send your Spirit to make us strong in faith and active in good works during the next forty days. May our acts of penance bring us your forgiveness, open our hearts to your love, and prepare us for the coming feast of the resurrection of Jesus. All this we ask in his holy name.

Amen.