

The grace of forty days

Time to make the desert journey
and renew our way to life.

Time for testing and for changing.
Time to trust the word of God.

Time to recognise holy presence
and share Cyrene's work.

Time for forgiveness and for healing
and to repent our broken lives.

Time to build God's dwelling with us
and proclaim full life for all.

Time to watch and wait with Jesus
and to prepare the upper room.

Time to turn our lives again to God
and to transform our world with love. Amen.

Lenten meditation

Lord Jesus, when I am sad and depressed
Help me think of you praying in the garden.

Lord Jesus, when I am fearful
help me to think of you being taken prisoner.

Lord Jesus, when I am ill
help me to think of you being scourged at the pillar.

Lord Jesus, when I have a headache
help me to think of you wearing the crown of thorns.

Lord Jesus, when I am tired
help me to think of you carrying the cross for love of me.

Lord Jesus, when I am humiliated
help me to think of you being stripped of your garments.

Lord Jesus, when I am in pain
help me to think of you being nailed to the cross.

Lord Jesus, when I am lonely
help me to think of you hanging on the cross.

Lord Jesus, when I am dying
Help me to think of you dying on the cross for love of me.

Lord Jesus, help me to remember
how much you suffered for love of me
and help me to love you more and more. Amen.

Lent prayer: He heals the broken-hearted

God of all wholeness, heal our hearts

of all that prevents us responding

to our sisters and brothers excluded by poverty

and prevented from living a full and healthy life.

This Lent, may we: implore justice through our prayer,

stand in solidarity through our fasting,

and reach out through our giving.

Send your life-giving power to revive the weary,

restore the broken and renew the face of the earth.

We ask this through Christ our Lord. Amen.

Prayer: A special Lenten fast

Give up harsh words: use generous ones.

Give up unhappiness: take up gratitude.

Give up anger: take up gentleness and patience.

Give up pessimism: take up hope and optimism.

Give up worrying: take up trust in God.

Give up complaining: value what you have.

Give up stress: take up prayer.

Give up judging others: discover Jesus within them.

Give up sorrow and bitterness: fill your heart with joy.

Give up selfishness: take up compassion for others.

Give up being unforgiving: learn reconciliation.

Give up words: fill yourself with silence, and listen to others.

