

## **Prayer for a Fruitful Lent**

My precious and crucified Lord, I offer You this Lent.

I offer it to You with total abandonment and trust.

I offer You my prayers, sacrifices and my very life this day.

Do with me Lord, as You will.

I pray that this Lent will be fruitful.

I know You have much to say to me and much to do in my life.

May this Lent be a time through which Your mercy is poured in abundance into my soul,  
and into the souls of all Your faithful.

Dearest Lord, help me to especially see my sin, this Lent.

Humble me so that I may see clearly.

Give me courage and strength to confess my sins,  
and to turn from them with all my heart.

Enlighten me with Your Holy Word, dear Lord.

Help me to come to know You and to deepen the faith in my life.

Show me the plan You have for me,

and place my feet upon the path You have chosen.

My suffering Lord, I thank You for the fullness of Your perfect Sacrifice.

I thank You for holding nothing back,

giving Your life to the last drop of blood.

May I offer You my very life as a sacrifice,  
trusting in Your mercy with every offering.

Keep me faithful to my Lenten promise,  
and bring forth new life through these sacrifices of love.

Strengthen my prayer and make me holy.

Help me to turn to You, each day,

seeking Your sacred and pierced Heart,

Blessed Mother,

You stood by your Son in His suffering and death,  
stand by me, I pray, as I journey through this life.

Pray for me and offer me to Your son,  
that He may take me into His loving embrace.

Lord, Jesus, Son of the Living God,  
have mercy on me a sinner.

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Mother Mary, Mother of our Crucified Lord,  
pray for us who have recourse to thee.

AMEN

### **Lenten Resources:**

1. **40 Days at the Foot of the Cross: A Gaze of Love from the Heart of Our Blessed Mother'** A daily devotional to prayerfully ponder the mind and heart of our Blessed Mother as she endured the great suffering inflicted upon her own dear Son.

Read for free online: [www.mycatholic.life](http://www.mycatholic.life)

2. Based on week three of The Spiritual Exercises of Saint Ignatius there are 16 reflections upon the events of Holy Week. [www.mycatholic.life](http://www.mycatholic.life)
3. Join Dynamic Catholic for the BEST LENT EVER Email Program. [www.dynamiccatholic.com](http://www.dynamiccatholic.com)

**Quotes for Lent** (can be used in your bulletins)

- St. Catherine of Siena, *“Nothing great is ever achieved without much enduring.”*
- St. Rose of Lima, *“Apart from the cross, there is no other ladder by which we may go to heaven.”*
- Fulton J. Sheen, *“Unless there is Good Friday in your life, there can be no Easter Sunday.”*
- Catherine Doherty, *“Lent is a time of going very deeply into ourselves...What is it that stands between us and our brothers and sisters? Between us and life, the life of the Spirit? Whatever it is, let us relentlessly tear it out, without a moment’s hesitation.”*
- St. Frances de Sales, *“Have patience with all things, but first of all with yourself.”*
- Father Thomas Merton, *“Even the darkest moments of the liturgy are filled with joy, and Ash Wednesday, the beginning of the Lenten fast is a day of happiness, a Christian Feast.”*
- Pope Francis, *“Lent comes providentially to awaken us, to shake us from our lethargy.”*

**Personal Reflection**

Lent for me is a season of quiet waiting and introspection amidst all the daily noise that life brings. The season provides me the opportunity to refocus my attention on the cross and the crucified Christ. I actively take part in the Stations of the Cross, taking time to ‘pray’ the Stations. There are many versions of the Stations that can speak to each of us. It is a devotion that can change your life each time you take an active role in praying the Stations. I offer the Stations for a particular intention-there is someone every day that needs my prayers. As I arrive at Holy Week, I am so excited to take an active part in all the liturgies leading up to the fullness of our faith-our Lord’s Resurrection.

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