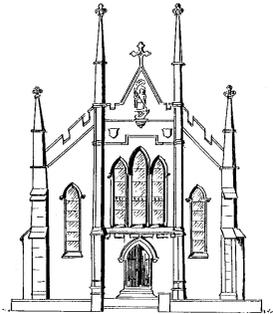


# DAILY PRAYERS LENT WEEK THREE



**HOLY TRINITY & ST GEORGE**  
**CATHOLIC CHURCH**  
Serving Kendal and Sedbergh

**[www.kendalcatholicchurch.uk](http://www.kendalcatholicchurch.uk)**

## Sunday – Lent Week 3

### Collect:

O God, author of every mercy and of all goodness, who in fasting, prayer and almsgiving have shown us a remedy for sin, look graciously on this confession of our lowliness, that we, who are bowed down by our conscience, may always be lifted up by Your mercy. Through our Lord Jesus Christ, Your Son, who lives and reigns with You in the unity of the Holy Spirit, God, for ever and ever. Amen.

**Today's Gospel reading:** John 2:13-25

### Today's Station:

#### **First Station: Jesus is condemned to death**

Lord Jesus, You chose to be called the friend of sinners. By Your saving death and resurrection free me from my sins. May Your peace take root in my heart and bring forth a harvest of love, holiness, and truth.

We adore You, O Christ, and we bless You.  
Because by Your Holy Cross You have redeemed the world.

The crowd condemns an innocent man to death and Pilate, who could have reprieved Jesus, washed his hands of the affair and gave the people what they wanted. When the innocent are mistreated, what is our reaction? Do we join in out of pride or ignorance? Do we stand silently by without defending the innocent? Or, do we see Christ in the condemned and reach out to those in need?

Lord, give me the strength and clarity to defend the innocent.

Our Father.... Hail Mary.... Glory Be to the Father....

Holy Cross of Jesus, have pity on me.  
Holy Cross of Jesus, be my protector.  
Holy Cross of Jesus, let me walk in the way of salvation.

## Monday – Lent Week 3

### **Collect:**

May Your unfailing compassion, O Lord,  
cleanse and protect Your Church,  
and, since without You she cannot stand secure,  
may she be always governed by Your grace.  
Through our Lord Jesus Christ, Your Son,  
who lives and reigns with You in the unity of the Holy Spirit,  
God, for ever and ever. Amen.

**Today's Gospel reading:** Luke 4:24-30

### **Today's Station:**

#### **The Second Station: Jesus carries His Cross**

Lord Jesus, You chose to be called the friend of sinners. By Your saving death and resurrection free me from my sins. May Your peace take root in my heart and bring forth a harvest of love, holiness, and truth.

We adore You, O Christ, and we bless You.  
Because by Your Holy Cross You have redeemed the world.

When Jesus saw the Cross - the wooden beams upon which He would suffer and then die - He did not hesitate. He took it upon His shoulders and began to walk, willingly embracing these excruciating hardships out of love for each of us. Out of love for God and for each other, we too have the opportunity to sacrifice and to give of ourselves. Christ's words to His disciples are just as true for us as they were for them: "Whoever wishes to come after me must deny himself, take up his cross, and follow me."

Lord, give me the grace and the strength to love You more than any earthly thing or person.

Our Father.... Hail Mary.... Glory Be to the Father....

Holy Cross of Jesus, have pity on me.  
Holy Cross of Jesus, be my protector.  
Holy Cross of Jesus, let me walk in the way of salvation.

## Tuesday – Lent Week 3

### **Collect:**

May Your grace not forsake us, O Lord, we pray,  
but make us dedicated to Your holy service  
and at all times obtain for us Your help  
Through our Lord Jesus Christ, Your Son,  
who lives and reigns with You in the unity of the Holy Spirit,  
God, for ever and ever. Amen.

**Today's Gospel reading:** Matthew 18:21-35

### **Today's Station:**

#### **Third Station: Jesus falls the first time**

Lord Jesus, You chose to be called the friend of sinners. By Your saving death and resurrection free me from my sins. May Your peace take root in my heart and bring forth a harvest of love, holiness, and truth.

We adore You, O Christ, and we bless You.  
Because by Your Holy Cross You have redeemed the world.

Picture Our Lord straining, falling under the weight of a Cross that He didn't deserve to bear. How incredible it is that He chose to take on the burden of that Cross of how much He wants us to join Him one day in heaven. When we are faced with the choice to either sin or to strive for virtue, we can remember how Christ is weighed down with each and every time we reject Him in favour of our own will and desires.

Lord, help me to reject selfishness and imitate Your loving generosity in everything I do.

Our Father.... Hail Mary.... Glory Be to the Father....

Holy Cross of Jesus, have pity on me.  
Holy Cross of Jesus, be my protector.  
Holy Cross of Jesus, let me walk in the way of salvation.

## Wednesday – Lent Week 3

### Collect:

Grant, we pray, O Lord,  
that, schooled through Lenten observance  
and nourished by Your word,  
through holy restraint  
we may be devoted to You with all our heart  
and be ever united in prayer.  
Through our Lord Jesus Christ, Your Son,  
who lives and reigns with You in the unity of the Holy Spirit,  
God, for ever and ever. Amen.

**Today's Gospel reading:** Matthew 5:17-19

### Today's Station:

#### **Fourth Station: Jesus meets His Mother**

Lord Jesus, You chose to be called the friend of sinners. By Your saving death and resurrection free me from my sins. May Your peace take root in my heart and bring forth a harvest of love, holiness, and truth.

We adore You, O Christ, and we bless You.  
Because by Your Holy Cross You have redeemed the world.

Every parent can imagine the incredible pain Mary must have felt when she encountered her beloved Son and all that He was suffering. Despite the anguish she felt, she did not try to stop her Son from making the ultimate sacrifice. It is for this reason that she is such an advocate for those who suffer, both physically and emotionally.

“O Mother of the Word Incarnate, despise not my petitions, but in your mercy hear and answer me.”

Our Father.... Hail Mary.... Glory Be to the Father....

Holy Cross of Jesus, have pity on me.  
Holy Cross of Jesus, be my protector.  
Holy Cross of Jesus, let me walk in the way of salvation.

## Thursday – Lent Week 3

### Collect:

We implore Your majesty most humbly, O Lord,  
that, as the feast of our salvation draws ever closer,  
so we may press forward all the more eagerly  
towards the worthy celebration of the Paschal Mystery.  
Through our Lord Jesus Christ, Your Son,  
who lives and reigns with You in the unity of the Holy Spirit,  
God, for ever and ever. Amen.

**Today's Gospel reading:** Luke 11:14-23

### Today's Station:

#### **Fifth Station: Simon of Cyrene helps Jesus carry His Cross**

Lord Jesus, You chose to be called the friend of sinners. By Your saving death and resurrection free me from my sins. May Your peace take root in my heart and bring forth a harvest of love, holiness, and truth.

We adore You, O Christ, and we bless You.  
Because by Your Holy Cross You have redeemed the world.

The soldiers were impatient with how long it was taking Jesus to carry the heavy Cross alone. They pulled Simon of Cyrene out of the crowd and made him help Jesus with His burden. Have you ever been compelled to help in a difficult situation? What was your reaction? Like Simon, we each have the opportunity to reach out to our loved ones, our neighbours, or a stranger in need.

Lord, grant us the desire to help those who need our assistance.

Our Father.... Hail Mary.... Glory Be to the Father....

Holy Cross of Jesus, have pity on me.  
Holy Cross of Jesus, be my protector.  
Holy Cross of Jesus, let me walk in the way of salvation.

## Friday – Lent Week 3

### **Collect:**

Pour Your grace into our hearts, we pray, O Lord,  
that we may be constantly drawn away from unruly desires  
and obey by Your own gift the heavenly teaching You give us.  
Through our Lord Jesus Christ, Your Son,  
who lives and reigns with You in the unity of the Holy Spirit,  
God, for ever and ever. Amen.

**Today's Gospel reading:** Mark 12:28-34

### **Today's prayer:**

#### **Sixth Station: Veronica wipes the Face of Jesus**

Lord Jesus, You chose to be called the friend of sinners. By Your saving death and resurrection free me from my sins. May Your peace take root in my heart and bring forth a harvest of love, holiness, and truth.

We adore You, O Christ, and we bless You.  
Because by Your Holy Cross You have redeemed the world.

Without hesitation, Veronica lovingly uses her own veil to wipe Christ's bloodied face. In return, He imprints an image of His Holy Face. This is just one of many instances where God outdoes us in generosity. What we give to Him, He returns one-hundred-fold.

Lord, help me love You more and more.

Our Father.... Hail Mary.... Glory Be to the Father....

Holy Cross of Jesus, have pity on me.  
Holy Cross of Jesus, be my protector.  
Holy Cross of Jesus, let me walk in the way of salvation.

## Saturday – Lent Week 3

### **Collect:**

Rejoicing in this annual celebration  
of our Lenten observance,  
we pray, O Lord,  
that, with our hearts set on the Paschal mysteries,  
we may be gladdened by their full effects.  
Through our Lord Jesus Christ, Your Son,  
who lives and reigns with You in the unity of the Holy Spirit,  
God, for ever and ever. Amen.

**Today's Gospel reading:** Luke 18:9-14

### **Today's prayer:**

#### **Seventh Station: Jesus falls for the Second Time**

Lord Jesus, You chose to be called the friend of sinners. By Your saving death and resurrection free me from my sins. May Your peace take root in my heart and bring forth a harvest of love, holiness, and truth.

We adore You, O Christ, and we bless You.  
Because by Your Holy Cross You have redeemed the world.

Jesus, the Son of God, falls again under the weight of our sins. He is not allowed to rest, but instead is hit and pushed, compelled to continue on. It is in this moment that we can recognize His great love for us.

Lord, free me from the repetition of my same old sins! Let me embrace a new way of life.

Our Father.... Hail Mary.... Glory Be to the Father....

Holy Cross of Jesus, have pity on me.  
Holy Cross of Jesus, be my protector.  
Holy Cross of Jesus, let me walk in the way of salvation.