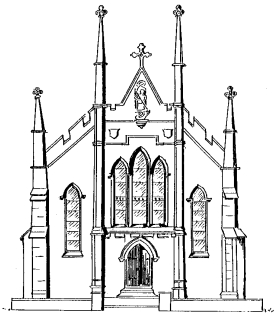


DAILY PRAYERS

LENT WEEK FOUR



HOLY TRINITY & ST GEORGE
CATHOLIC CHURCH
Serving Kendal and Sedbergh

www.kendalcatholicchurch.uk

Sunday – Lent Week 4

Collect:

O God, who through Your Word
reconcile the human race to Yourself in a wonderful way,
grant, we pray, that with prompt devotion and eager faith
the Christian people may hasten
toward the solemn celebrations to come.
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 3:14-21

Today's Station: Eighth Station: Jesus meets the women of Jerusalem

O my God, my Redeemer, behold me here at Your feet. From the bottom of my heart I am sorry for all my sins, because by them I have offended You, You who are so good. Help not to offend You again.

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

Jesus, as You carry that Cross You see a group of women along the road. As You pass by You see they are sad. You stop to spend a moment with them, to offer them some encouragement. Although You have been abandoned by Your friends and are in pain, You stop and try to help them.

Lord, sometimes I act like a child. I become so absorbed in myself and what I'd like that I forget about the needs of others. I take them for granted, and often ignore their needs.

Lord Jesus, help me think more about others. Help me remember that others have problems, too. Help me respond to them even when I'm busy or preoccupied with my own problems.

You comforted those holy women of Jerusalem who wept to see You bruised and torn, comfort my soul with Your love and mercy, for in You lies my trust. May my heart ever answer Yours.

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

Jesus Christ Crucified, have mercy on us.
May the souls of the faithful departed, through the mercy of God,
Rest in peace. Amen.

Monday – Lent Week 4

Collect:

O God, who renew the world
through mysteries beyond all telling,
grant, we pray, that Your Church may be guided by Your eternal design
and not be deprived of Your help in this present age.

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 4:43-54

Today's Station:

Ninth Station: Jesus falls for the Third Time

O my God, my Redeemer, behold me here at Your feet. From the bottom of my heart I am sorry for all my sins, because by them I have offended You, You who are so good. Help not to offend You again.

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

Jesus, Your journey has been long. You fall again, beneath the weight of the Cross. You know this dreadful journey is coming to an end. You struggle and struggle. You get up and keep going.

Lord, I often feel I should have conquered my weaknesses by now. I become discouraged when I'm confronted by the same problems over and over again. Sometimes I get weary. When I have health problems, I can become discouraged and depressed. Help me think of the Cross You carried. Help me continue to hope that I can make the changes in my life I need to. You didn't give up. I can have the strength to get up again as well.

Lord Jesus, by all the pains You endure when You fall for the third time, never, let me fall again into sin. Lord Jesus, rather let me die than ever offend You again.

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

Jesus Christ Crucified, have mercy on us.
May the souls of the faithful departed, through the mercy of God,
Rest in peace. Amen.

Tuesday – Lent Week 4

Collect:

May the venerable exercises of holy devotion
shape the hearts of your faithful, O Lord,
to welcome worthily the Paschal Mystery
and proclaim the praises of your salvation.
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 5:1-16

Today's prayer:

Tenth Station: Jesus is stripped of His Garments

O my God, my Redeemer, behold me here at Your feet. From the bottom of my heart I am sorry for all my sins, because by them I have offended You, You who are so good. Help not to offend You again.

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

The soldiers notice You have something of value. They remove Your cloak and throw dice for it. Your wounds are torn open once again. Some of the people in the crowd make fun of You. They tease You and challenge You to perform a miracle for them to see. They're not aware that You'll perform the greatest miracle of all!

Lord, sometimes I repeat stories that are disrespectful of others. I can entertain thoughts that are not worth. Sometimes I give people around me a bad example to follow. Help me to keep myself in check. Help me to say things that build people up. Help me overcome crazy desires so that I may become more like You. Help me set a good example for others to follow.

Lord Jesus, stripped of Your garments and drenched with gall, strip me of greedy love for things of earth, and make me rather want to love and serve others as You have taught me.

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

Jesus Christ Crucified, have mercy on us.
May the souls of the faithful departed, through the mercy of God,
Rest in peace. Amen.

Wednesday – Lent Week 4

Collect:

O God, who reward the merits of the just and offer pardon to sinners who do penance, have mercy, we pray, on those who call upon You, that the admission of our guilt may serve to obtain Your pardon for our sins. 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 5:17-30

Today's prayer:

Eleventh Station: Jesus is nailed to the Cross

O my God, my Redeemer, behold me here at Your feet. From the bottom of my heart I am sorry for all my sins, because by them I have offended You, You who are so good. Help not to offend You again.

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

Jesus, You are stretched out on the Cross that You have carried so far. The soldiers take nails and drive them into Your hands and feet. You feel abandoned by the people You loved so much. People seem to have gone mad. You have done nothing but good, yet they drive nails in to Your body.

Lord, sometimes I discriminate against others. Even without thinking, I judge others because of their colour, intelligence, income level or name. I forget that I am to live as a brother or sister to all people. Sometimes I use harsh words when I speak to my children, family members and friends. I can find it easy to look for something that isn't very important and make it very important. Help me look again at the people around me. Help me see the hurt and pain I have caused in others. Be with me to help me make amends for the harm I have done.

Lord Jesus, by Your agony when the nails pierced Your hands and feet and fixed them to the Cross, make me crucify my flesh by doing worthy penance.

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

Jesus Christ Crucified, have mercy on us.

May the souls of the faithful departed, through the mercy of God, Rest in peace. Amen.

Thursday – Lent Week 4

Collect:

We invoke Your mercy in humble prayer, O Lord, that You may cause us, Your servants, corrected by penance and schooled by good works, to persevere sincerely in Your commands and come safely to the Paschal festivities. 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 5:31-47

Today's prayer:

Twelfth Station: Jesus dies on the Cross

O my God, my Redeemer, behold me here at Your feet. From the bottom of my heart I am sorry for all my sins, because by them I have offended You, You who are so good. Help not to offend You again.

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

As Jesus hung on the Cross, He forgave the soldiers who had crucified Him, and prayed for His mother and His friends. He wanted all of us to be able to live forever with God, so He gave all He had for us.

Lord, let me take a few moments now to consider Your love for me. Help me thank You for Your willingness to go to Your death for me, to show me I am loved, and forgiven. Help me express my love for You!

Lord Jesus, for three hours You hung in agony, and then die for me; let me die to sin and live for You. Let my life be one of love and faithful service.

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

Jesus Christ Crucified, have mercy on us.

May the souls of the faithful departed, through the mercy of God, Rest in peace. Amen.

Friday – Lent Week 4

Collect:

O God, who have prepared fitting helps for us in our weakness, grant, we pray, that we may receive their healing effects with joy and reflect them in a holy way of life. 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 7:1-2, 10, 25-30

Today's prayer:

Thirteenth Station: Jesus is taken down from the Cross

O my God, my Redeemer, behold me here at Your feet. From the bottom of my heart I am sorry for all my sins, because by them I have offended You, You who are so good. Help not to offend You again.

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

Jesus, how brutally You were put to death. How gently You are taken from the Cross. Your suffering and pain are ended, and You are put in the arms of Your mother. The dirt and blood are wiped away. You are treated with love.

Lord, I seem to be kinder when someone dies. If only I could learn to see the good things about them while they were alive. If only I would tell those around me how much I love them, while I still have the opportunity to do so. Help me look for the good in those around me, especially those I love the most. Help me live this day as if it were my last. Help me become a more gentle and loving person through a greater and deeper appreciation for those around me.

O Mary, Mother most sorrowful, the sword of grief pierced your soul when you saw Jesus lying lifeless in your arms; obtain for me a hatred of sin because my sin killed your Son and wounded your heart too. and pray that I may receive the grace to live a Christian life and so save my soul.

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

Jesus Christ Crucified, have mercy on us.
May the souls of the faithful departed, through the mercy of God,
Rest in peace. Amen.

Saturday – Lent Week 4

Collect:

May the working of Your mercy, O Lord, we pray, direct our hearts aright, for without Your grace we cannot find favour in Your sight.. 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 7:40-53

Today's prayer:

Fourteenth Station: Jesus is laid in the tomb

O my God, my Redeemer, behold me here at Your feet. From the bottom of my heart I am sorry for all my sins, because by them I have offended You, You who are so good. Help not to offend You again.

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

Jesus, Your body is prepared for burial. Joseph of Arimathea gave You his own tomb. He laid Your body there and rolled a large stone in front of it, then went home. What a sad day it has been for so many people.

Lord, I can be so selfish. I can accumulate things and keep them for myself. I try to make sure I have what I want before I share what I have with anybody else. Help me think of St Joseph of Arimathea, who risked his own life as he accepted Your body for burial. Help me think of how Joseph loved You so much that he gave You his own tomb.

Lord Jesus, beside Your body in the tomb I, too, would lie dead; but if I live, let it be for You, so as one day to enjoy with You in heaven the fruits of Your sorrowful passion and joy of Your glorious resurrection.

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

Jesus Christ Crucified, have mercy on us.
May the souls of the faithful departed, through the mercy of God,
Rest in peace. Amen.