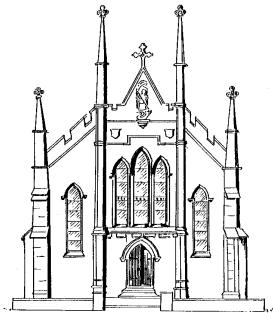


# DAILY PRAYERS

## LENT 1



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

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

# Sunday – Lent Week 1 (Year A)

## Collect:

Grant, almighty God,  
through the yearly observances of holy Lent,  
that we may grow in understanding  
of the riches hidden in Christ  
and by worthy conduct pursue their 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:** Matthew 4:1-11

## Today's prayer:

Heavenly Father,  
I know that You want me to resist temptation.  
I know You have not allowed any temptation to befall me  
which is beyond my strength to resist.  
In You, I have the freedom to choose not to sin,  
and You have given me Your Spirit to stand firm against temptation.  
When I am tempted to sin,  
help me instead to focus on Your goodness to me  
that is demonstrated by the Cross.  
Fill me with Your Spirit  
and make me hate sin as much as You do.  
You have bought my life with the precious blood of Your Son  
and in His name, I pray to You each day. Amen.

*“Whoever has not experienced temptation cannot enter the Kingdom of Heaven.”*

*St Anthony of the Desert*

# Monday – Lent Week 1

St Polycarp

## Collect:

Convert us, O God our Saviour,  
and instruct our minds by heavenly teaching,  
that we may benefit from the works of Lent.  
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 25:31-46

## Today's prayer:

O Lord Jesus Christ,  
by Your almighty power you  
You opened the eyes of the blind,  
and showed Yourself to them.  
Turn our eyes away from worthless things,  
and lead us to love You sincerely;  
Lord, You are blessed,  
and live and govern all things,  
now and forever. Amen.

*St Polycarp (c. 69–155) was Bishop of Smyrna and a disciple of St John the Apostle. A link between the apostolic age and the early Church, he defended the true faith against heresy and strengthened persecuted Christians. Arrested in old age, he refused to renounce Christ, saying he had served Him eighty-six years.*

*Burned and then killed by the sword, he remains a witness to steadfast faith.*

# **Tuesday – Lent Week 1**

## **Collect:**

Look upon Your family, Lord,  
that, through the chastening effects of bodily discipline,  
our minds may be radiant in Your presence,  
with the strength of our yearning for You.  
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 6:7-15

## **Today's prayer:**

Create a clean heart in me, O God:  
a humble heart, a meek heart,  
a peaceful heart, a benevolent heart,  
a devout heart which does evil to no one,  
which does not repay evil for evil,  
but overcomes evil with good,  
which loves You above all things,  
thinks always about You,  
speaks about You,  
gives You thanks,  
delights in hymns and spiritual songs,  
and has its citizenship in Heaven. Amen.

# Wednesday – Lent Week 1

## Collect:

Look kindly, Lord, we pray,  
on the devotion of Your people,  
that those who by self-denial are restrained in body  
may by the fruit of good works be renewed in mind.  
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 11:29-32

## Today's prayer:

Lord God, look kindly on the devotion of Your people.  
As we accept the discipline of self-denial,  
restraining the body in this holy season,  
purify our hearts and steady our will.  
May what we give up outwardly  
make room within us for deeper love.  
Let our fasting become hunger for justice,  
our restraint become compassion,  
our sacrifice become freedom.  
Draw us closer to You,  
that, renewed in spirit and strengthened in grace,  
we may walk faithfully in Your ways.  
Through Christ our Lord. Amen.

# Thursday – Lent Week 1

## Collect:

Bestow on us, we pray, O Lord,  
a spirit of always pondering on what is right  
and of hastening to carry it out,  
and, since without You we cannot exist,  
may we be enabled to live according to Your will.  
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:** Matthew 7:7-12

## Today's prayer:

O Lord, most mercifully hear our prayer  
and stretch forth Your loving hand  
to defend us from all enemies that rise up against us;  
We ask this through Christ our Lord. Amen.

# Friday – Lent Week 1

St Gregory of Narek

## Collect:

Grant that Your faithful, O Lord, we pray,  
may be so conformed to the Paschal observances,  
that the bodily discipline now solemnly begun  
may bear fruit in the souls of all.

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 5:20-26

## Today's prayer:

O God,  
You see that we have no strength in ourselves.  
Keep us both outwardly and inwardly.  
Defend us from all adversities which hurt the body,  
and cleanse us from all evil thoughts  
which afflict the mind;  
We ask this through Christ our Lord. Amen.

*St Gregory of Narek (c. 950–1003) was an Armenian monk, mystic, and poet, best known for his Book of Lamentations, a profound prayer of repentance and trust in God's mercy.*

*Living at Narek Monastery, he united deep theology with intensely personal devotion. Proclaimed a Doctor of the Church in 2015, he remains a voice of hope, teaching that no human weakness is beyond God's compassion.*

# Saturday – Lent Week 1

## Collect:

Turn our hearts to You, eternal Father,  
and grant that, seeking always the one thing necessary  
and carrying out works of charity,  
we may be dedicated to Your worship.  
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 5:43-48

## Today's prayer:

Lord God Almighty,  
shaper and ruler of all creatures,  
we pray for Your great mercy,  
that You guide us towards You,  
for we cannot find our way.  
Guide us to Your will,  
to the need of our soul,  
for we cannot do it ourselves.  
And make our mind steadfast in Your will  
and aware of our soul's need.  
Strengthen us against the temptations of the devil,  
and remove from us all lust and every unrighteousness,  
and shield us against our foes, seen and unseen.  
Teach us to do Your will,  
that we may inwardly love You before all things with a pure mind.  
For You are our maker and our redeemer,  
our help, our comfort,  
our trust, our hope;  
praise and glory be to You now and forever. Amen.

*A prayer of King Alfred the Great, 9th century*