

## ***PRAYER FOR SPIRITUAL RENEWAL***

God, heavenly Father, look upon me and hear my prayer during this holy season of Lent. By the good works You inspire, help me to discipline my body and to be renewed in spirit.

Without You, I can do nothing. By Your Spirit, help me to know what is right and to be eager in doing Your will. Teach me to find new life through penance. Keep me from sin, and help me live by Your commandment of love.

God of love, bring me back to You. Send Your Spirit to make me strong in faith and active in good works. May my acts of penance bring me Your forgiveness, open my heart to Your love, and prepare me for the coming feast of the Resurrection of Jesus.

Lord, during this Lenten Season nourish me with Your word for life and make me one with You in love and prayer.

Fill my heart with Your love and keep me faithful to the Gospel of Christ. Give me the grace to rise above my human weakness. Give me a new life by Your Sacraments, especially the Mass.

Father, our source of life, I reach out with joy to grasp Your hand; let me walk more readily in Your ways. Guide me in Your gentle mercy, for left to myself I cannot do Your Will.

Father of love, source of all blessings, help me to pass from my old life of sin to the new life of grace. Prepare me for the glory of Your Kingdom.

I ask this through Christ our Lord Jesus Christ, Your Son, Who lives and reigns with You and the Holy Spirit, one God, forever. Amen.

### ***Prayer***

Almighty and Everlasting God, You have given the human race Jesus Christ our Savior as a model of humility. He fulfilled Your Will by becoming Man and giving His life on the Cross. Help us to bear witness to You by following His example of suffering and make us worthy to share in His Resurrection. We ask this through our Lord Jesus Christ, Your Son. Amen.

\*(excerpted from: [www.saint-mike.org](http://www.saint-mike.org))

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## **NOVENAS AND PRAYERS FOR LENT**

### **MEDITATION**

\*According to biblical tradition, Moses stayed on Mount Sinai forty days to receive the Law of the Covenant. Our Lord fasted forty days in the desert before He started His mission. Christians prepare themselves to celebrate the Paschal Mystery of our Lord's Death and resurrection by a penitential season of forty days.

Penance is part of the Christian philosophy of life. It has to do with sin and conversion. It is the inner aversion to evil in and around us and a generous conversion in love to God which is important.

The means to achieve this inner conversion are the traditional Lenten practices of prayer, charitable works, and acts of self-denial, but above all attendance at Holy Mass daily. What we "give up" should be related to an inner conversion to God.

Jesus came into the world to share His life with us. We should examine the priorities in our lives with His mission in mind. His mission is to bring each person to human dignity, and all people to brotherhood, leading them to the Father. He sought to do the will of His Father.

Lent is a time of instruction and learning. Faith comes by hearing, which certainly includes reading and study. It is a time of listening. The Word of God is given to us in abundance. The Gospels and Lenten readings are a rich source of faith, conversion, and turning back to a God Who is already waiting and loving us. We are asked to make the Word of God a judgment upon our lives and a means of personal evaluation.

But this will become fruitful only by the grace of God, which we receive through the Sacraments and prayer, especially through the Sacrifice of the Mass. Meditation on the Passion of Christ is a favorite means of showing our gratitude to the Lord for having suffered and died for us. The Way of the Cross should not be considered outdated. Making a Lenten Novena at least once during Lent will prove very

beneficial in deepening our prayer life.

### **NOVENA FOR LENT**

(May be said for nine-days or 40 days)

Father, all-powerful and ever-living God, during the Holy Season of Lent You call us to a closer union with Yourself. Help me to prepare to celebrate the Paschal Mystery with mind and heart renewed. Give me a spirit of loving reverence for You, our Father, and of willing service to my neighbor. As I recall the great events that gave us new life in Christ, bring the image of Your son to perfection within my soul.

This great season of grace is Your gift to Your family to renew us in spirit. Give me strength to purify my heart, control my desires, and so serve You in freedom. Teach me how to live in this passing world with my heart set on the world that will never end.

I ask for the grace to master my sinfulness and conquer my pride. I want to show to those in need Your goodness to me by being kind to all. Through my observance of Lent, help me to correct my faults and raise my mind to You, and thus grow in holiness that I may deserve the reward of everlasting life.

In Your mercy grant me this special favor (**Mention your request**).

The days of the life-giving Death and glorious resurrection of Jesus Christ, Your Son, are approaching. This is the hour when He triumphed over Satan's pride, the time when we celebrate the great event of our Redemption. The Suffering and Death of Your Son brought life to the whole world, moving our hearts to praise Your glory.

The power of the Cross reveals your judgment on this world and the kingship of Christ crucified. Father, through His love for us and through His Sufferings, Death and Resurrection, may I gain eternal life with You in heaven. Amen.