



## Lent 4<sup>th</sup> Week: Joy in the Cross

**PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER (Standing or kneeling\*)** *Glory to you, Lord. "Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving."<sup>1</sup> Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You<sup>2</sup>. Have mercy on us, and be with us today as we contemplate Joy in the Cross.*

**INTRODUCE TOPIC & SCRIPTURE** **Romans 8:28** *"Lord, it is with great joy that we offer You the sacrifice that brings everlasting healing."*

### BREATH-WORK & GRATITUDE

**BODILY PRAYER VERSE** **Psalm 95** **"Let us sing for joy to the Lord."**

**MEDITATION** St. Paul said, "He loved me and gave Himself up for me." (Gal. 2:20) "This should be the source of our greatest happiness, as well as the source of our strength and support. Should we have the misfortune to encounter sorrow, undergo suffering, experience misunderstanding, or even to fall into sin, how quickly will our thoughts turn to the One who always loves us and who, with His infinite love as God, overcomes in every trial, fills our emptiness, forgives all our sins and eagerly impels us towards a new path that is safe and joyful."<sup>3</sup>

"The mortifications we do during these days should not cast a shadow over our interior joy. Rather, it ought to increase it, because our Redemption is near at hand; the pouring out of love for mankind, which is the Passion, is coming and the joy of Easter will soon be upon us. We therefore feel the need to be very closely united to Our Lord, so that our lives too may reflect once more the suffering He underwent for our sakes, as well as experience great happiness in the attainment of the glory and joy of the Resurrection through His Passion and His Cross."<sup>4</sup>

**RESOLUTION** (Re-read Scripture.) "As Holy Week and Easter draw near, so do forgiveness, mercy, Divine Compassion and a superabundance of grace. A little while longer and the mystery of our salvation we be consummated. So let us cheerfully follow Jesus to Jerusalem, to Calvary, to the Cross."<sup>5</sup> Come Holy Spirit... *Lord, may this Lenten journey bring me to Easter with my heart purified and renewed by the grace of the Holy Spirit.*

**ENDING PRAYER (Kneeling\*)** *Lord, we thank you for this opportunity to be able to come together - to work on ourselves and strengthen ourselves, physically as well as spiritually. May all I do, glorify You. Mary, Mother of the Redeemer: **pray for us**; St. Joseph: **pray for us**; Holy Saints in Heaven (or saint of the day): **pray for us**. In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

<sup>1</sup> St. Thomas Aquinas

<sup>2</sup> Based on 1Kings 8:61 and 43

<sup>3</sup> Fr. Francis Fernandez, *In Conversation With God*, Vol. 2, 26.1, Used with permission.

<sup>4</sup> Fr. Francis Fernandez, *In Conversation With God*, Vol. 2, 26.1, Used with permission.

<sup>5</sup> Fr. Francis Fernandez, *In Conversation With God*, Vol. 2, 26.3, Used with permission.

\*Modifications include raised -knee position or sitting with legs extended. *Cross legged seated position is not to be used during prayer.*

