



Lent: A Time For Conversion

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."¹ Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You². Have mercy on us, and be with us today as we contemplate a Lent as a time for conversion.*

INTRODUCE TOPIC & SCRIPTURE Joel 2:12 *"return to me with your whole heart, with fasting, weeping, and mourning."*

BREATH-WORK & GRATITUDE

BODILY PRAYER VERSE Based on Psalm 51 ***"Create in me a clean heart, Oh God."***

MEDITATION Lent is a time of penance and interior renewal. The goal is to help us to prepare so that we can joyfully celebrate the resurrection of Our Lord at Easter. "God wants us to detach ourselves from the things of the earth and return to Him... To turn our hearts toward God, to be converted, means that we must be prepared to use all the means to live as He expects us to live. We must be absolutely sincere with ourselves. We must love God with our whole heart and soul, and flee from any deliberate sin in our lives."³

"We cannot let [a] day go without stimulating in our souls a deep and effective desire to go back once again, to return like the prodigal son, so as to be closer to God. St. Paul tells us that this is an excellent time for us to bring about our conversion, 'Behold, now is the acceptable time; behold, now is the day of salvation.'⁴ God says again to each one of us, in the depths of our hearts, 'Return to me. Return to me with all your heart.' Now is the time when this beginning again in Christ is going to be sustained by a special grace from God, proper to the liturgical season. That is why the Lenten message is replete with joy and hope, even though it is a message of penance and mortification."⁵

RESOLUTION (Re-read Scripture.) "It is time for each one of us to recognize that he is being urged on by Jesus Christ...Lent is here. Let us look on it as a time of change and hope."⁶ Do I open the door of my heart so as to draw closer to Our Lord and hear Him calling me? Holy Spirit, come... *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**; St. Peter (or saint of the day): **pray for us**. In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

¹ St. Thomas Aquinas

² Based on 1Kings 8:61 and 43

³ Fr. Francis Fernandez, *In Conversation With God*, Vol. 2, 1.1. Used with permission.

⁴ 2 Cor. 5:20-26

⁵ Fr. Francis Fernandez, *In Conversation With God*, Vol. 2, 1.3. Used with permission.

⁶ Fr. Francis Fernandez, *In Conversation With God*, Vol. 2, 1.3. Used with permission.

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

