



Lent: Loving Christ Crucified

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 Loving Christ Crucified.*

INTRODUCE TOPIC & SCRIPTURE John 15:13 *"No one has greater love than this, to lay down one's life for one's friends."*

BREATH-WORK & GRATITUDE

BODILY PRAYER VERSE *"Thank you, Lord, for Your incredible Sacrifice."*

MEDITATION "Mount Calvary is the true school of love,' says St. Francis de Sales. 'Jesus hides Himself behind the wall of His Humanity, and His Wounds are like the latticework, through which His love looks at us.' Nowhere else has our blessed Savior more clearly told us how much He loves us than in those words of His: 'Greater love than this no man hath, that a man lay down his life for his friends', Jesus, as man, came to tell us that God loves us: we are bought with a great price. Let us therefor fix the eyes of our soul, first, upon our loving Savior and, second, upon those happy souls who are saved."³

"It is from the remembrance of the Passion of our Savior, His wounds, His Cross, and His death that the saints derive their passionate love for Christ. Whenever St. Teresa looked at her crucifix, the sight produced the tenderest words of love..."⁴ "O my soul, look upon this God-Man, crucified for you... See how He stretches out His arms to welcome you, how He bows down His head to give you the kiss of peace, how His side is open to receive you!"⁵

RESOLUTION (Re-read Scripture.) Christ's Passion will lead you to love Him more deeply. St. Teresa of Avila said, "See the many proofs of love that our Lord has given us, by laying down His life for us". "Do I ever think of all that I have cost Jesus? Do I remember His sufferings and death? Have I decided once and for all to love my good Savior and allow Him to save me?"⁶ 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, Cause of Our Joy: **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 F. Maucourant, *A Pocket Retreat for Catholics*, pg. 31

⁴ F. Maucourant, *A Pocket Retreat for Catholics*, pg. 37

⁵ Adapted from a prayer of St. Alphonsus Liguori

⁶ F. Maucourant, *A Pocket Retreat for Catholics*, pg. 38

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

