



Lent: Reflecting on 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."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 You on the Cross.*

INTRODUCE TOPIC & SCRIPTURE Hebrews 12:3 *"Consider Him who endured from sinners such hostility against Himself, so that you may not grow weary or fainthearted."*

BREATH-WORK & GRATITUDE

BODILY PRAYER VERSE *"Today, Lord, help me to dwell on the love that you showed on the Cross."*

MEDITATION "There is nothing sweeter or more consoling, than to meditate on the passion of Jesus, because it reveals to us the excess of His tender and compassionate love, and inspires us with a lively and strong hope, that God will pardon our sins, and be merciful to our infirmities. For the Son of God has satisfied the justice of God the Father; He has transferred to us the treasures of His merits; and we should glory more in the price He has given for us, than in all the blessing, graces, and joys, which we hope to obtain from His infinite goodness."³

"[Meditating on the Passion] are sweet reflections, and ought to fill our souls with consolation. What joy and pleasure ought we derive from the fountain of all grace, which is ever open and free for the refreshment of souls!... [I have done so many things wrong] but why should I be cast down or troubled, when I remember the wounds of my Savior, and that it was for my sins that He received them: 'There are no wounds, however mortal,' says St. Bernard, 'which may not be healed by the death of Jesus.'"⁴

RESOLUTION (Re-read Scripture.) "Oh Savior of my soul! Is it surprising that I, who meditate so seldom on your Sacred Passion, who shrink with horror from the contemplation of thy sufferings, who turn my eyes away from your wounds, should yield to temptations? But, from now on, I will establish a habit to set my mind on Calvary. I will say 'It is good, Lord, for me to be in this place.'"⁵ 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 God: **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 Holy Family School of Faith, 45 Days to Deeper Prayer Lenten Volume, pg. 72

⁴ Holy Family School of Faith, 45 Days to Deeper Prayer Lenten Volume, pg. 72

⁵ Holy Family School of Faith, 45 Days to Deeper Prayer Lenten Volume, pg. 73

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

