



Lent: Time

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 Time during this Lenten Season.*

INTRODUCE TOPIC & SCRIPTURE Philippians 3:13-14 *"I can only say that forgetting all that lies behind me, and straining forward to what lies in front, I am racing towards the finishing point to win the prize of God's Heavenly call in Christ Jesus."*

BREATH-WORK & GRATITUDE

BODILY PRAYER VERSE *"Help me to make the most of the time, Oh God."*

MEDITATION "In Lent, we should look ahead rather than back. Though time is too precious to waste, it must never be thought that what was lost is irretrievable. Once the Divine is introduced, then comes the opportunity to make up for losses. **GOD IS THE GOD OF THE SECOND CHANCE.** Peter denied, but he had the second chance in which to become solid as a rock. There really is such a thing as a "second birth." Being born again means that all that went before is not held against us. The thief on the right side of the Lord on Calvary wasted a human life, but in accepting pardon won eternal life."³

"We can think of Lent as a time to eradicate evil or cultivate virtue, a time to pull up weeds or to plant good seeds. Which is better is clear, for the Christian ideal is always positive rather than negative. A person is great not by the [intensity] of his hatred of evil, but by the [depth] of his love for God. [Fasting] and mortification are not the ends of a Christian life; they are only the means. The end is charity. Penance merely makes an opening in our ego in which the Light of God can pour. As we deflate ourselves, God fills us. **And it is GOD'S arrival that is the important event.**"⁴

RESOLUTION (Re-read Scripture.) We must grasp the depth of each word of that Scripture verse. "There are people who do forget the past, but they do not push on ahead; they don't even think about the finish line. Others forget the past and keep beginning again."⁵ But to forget and then push on with enthusiasm to the finish line is the way I should spend my days. 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. 80

⁴ Holy Family School of Faith, *45 Days to Deeper Prayer Lenten Volume*, pg. 80

⁵ Chiara Lubich, *Here and Now*, New City Press, 1996, pg. 30

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

