Lenten Prayer for Spiritual Renewal

God, heavenly Father, look upon me and hear my prayer during this holy Season of Lent. By the good works You inspire, help me to discipline my body and to be renewed in spirit. Without You I can do nothing. By Your Spirit help me to know what is right and to be eager in doing Your will. Teach me to find new life through penance. Keep me from sin, and help me live by Your commandment of love. God of love, bring me back to You. Send Your Spirit to make me strong in faith and active in good works. May my acts of penance bring me Your forgiveness, open my heart to Your love, and prepare me for the coming feast of the Resurrection of Jesus. Lord, during this Lenten Season, nourish me with Your Word of life and make me one with You in love and prayer. Fill my heart with Your love and keep me faithful to the Gospel of Christ. Give me the grace to rise above my human weakness. Give me new life by Your Sacraments, especially the Mass. Father, our source of life, I reach out with joy to grasp Your hand; let me walk more readily in Your ways. Guide me in Your gentle mercy, for left to myself I cannot do Your Will. Father of love, source of all blessings, help me to pass from my old life of sin to the new life of grace. Prepare me for the glory of Your Kingdom. I ask this through our Lord Jesus Christ, Your Son, Who lives and reigns with You and the Holy Spirit, one God, forever.

Amen

Lenten Prayer

Almighty and Everlasting God, You have given the human race Jesus Christ our Savior as a model of humility. He fulfilled Your Will by becoming Man And giving His life on the Cross. Help us to bear witness to You By following His example of suffering And make us worthy to share in His Resurrection. We ask this through our Lord Jesus Christ, Your Son.

Amen.
Country Prayer for Lent

Dear Lord, we are now in the holy season of Lent. We begin to realize anew that these are the days of salvation, these are the acceptable days. We know that we are all sinners. We know that in many things we have all offended Your infinite majesty. We know that sin destroys Your life in us as a drought withers the leaves and chokes the life from the land, leaving an arid, dusty desert. Help us now, Lord, in our feeble attempts to make up for past sin. Bless our efforts with the rich blessing of Your grace. Make us realize ever more our need of penance and of mortification. Help us to see, in our ordinary difficulties and duties, in the trials and temptations of every day, the best opportunity of making up for past infidelities.

Every day we are so often reminded in field and wood, in sky and stream, of Your own boundless generosity to us. Help us to realize that You are never outdone in generosity, and that the least thing we do for You will be rewarded, full measure, pressed down, shaken together, and flowing over. Then we shall see, in our own souls, how the desert can blossom, and the dry and wasted land can bring forth the rich, useful fruit that was expected of it from the beginning.

Amen.

A Lenten Prayer called the Passion Dear Lord Jesus,

By Your Passion and Resurrection
You brought life to the world.
But the glory of the Resurrection
came only after the sufferings of the Passion.
You laid down Your life willingly
and gave up everything for us.
Your body was broken and fastened to a Cross,
Your clothing became the prize of soldiers,
your blood ebbed slowly but surely away,
and Your Mother was entrusted to the beloved disciple.
Stretched out on the Cross,
deprived of all earthly possessions and human aid,
You cried out to Your Father that the end had come.
You had accomplished the work given You,
and You committed into His hands, as a perfect gift, the little life that remained to You.
Lord, teach me to accept all afflictions
after the example You have given.
Let me place my death in Yours
and my weakness in Your abandonment,
Take hold of me with Your love,
that same foolish love that knew no limits,
and let me offer myself to the Father
with You so that I may rise with You to eternal life.
Amen.