



FATHER, all-powerful and ever-living God,
During the Holy Season of Lent
You call us to a closer union with Yourself.
Help me to prepare to celebrate
The Paschal Mystery
With mind and heart renewed.
Give me a spirit of loving reverence
For You, our Father,
And of willing service to my neighbor.
As I recall the great events
That gave us new life in Christ,
Bring the image of Your Son
To perfection within my soul.

This great season of grace is Your gift
To Your family to renew us in spirit.
Give me strength to purify my heart,
To control my desires,
And so to serve You in freedom,
Teach me how to live
In this passing world with my heart set
On the world that will never end.

I ask for the grace
To master my sinfulness
And conquer my pride.
I want to show to those in need
Your goodness to me by being kind to all.



Through my observance of Lent,
Help me to correct my faults
And raise my mind to You,
And thus grow in holiness
That I may deserve
The reward of everlasting life.

In Your mercy grant me this special favor:
(Make your petition here)

The days of the life-giving Death
And glorious Resurrection of Jesus Christ,
Your Son, are approaching.
This is the hour
When He triumphed over satan's pride,
The time when we celebrate
The great event of our Redemption.
The Suffering and Death of Your Son
Brought life to the whole world,
Moving our hearts to praise Your glory.

The power of the Cross reveals
Your judgment on this world
And the kingship of Christ crucified.
Father, through His love for us
And through His Sufferings, Death and
Resurrection,
May I gain eternal life with You in heaven.
Amen.



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