

Home Prayers Lenten Supplement

Ash Wednesday

But when you pray, go to your private room and, when you have shut your door, pray to your Father who is in that secret place, and your Father who sees all that is done in secret will reward you.

Matthew 6

Support us, Lord, as with this Lenten fast we begin our Christian warfare, so that in doing battle against the spirit of evil we may be armed with the weapon of self-denial. Through Christ our Lord. Amen.

Thursday 6th March

I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewing of your minds.

Romans 12

We pray, O Lord, that everything we do may be prompted by your inspiration, so that every prayer and work of ours may begin from you and be brought by you to completion. Through Christ our Lord. Amen.

Friday 7th March

Repent and turn from all your transgressions; otherwise iniquity will be your ruin. Cast away from you all the transgressions that you have committed against me, and get yourselves a new heart and a new spirit! Why will you die, O house of Israel? For I have no pleasure in the death of anyone, says the Lord GOD. Turn, then, and live.

Ezekiel 18

Dear Jesus, help me to spread your fragrance everywhere I go. Flood my soul with your spirit and life. Penetrate and possess my whole being so utterly that my life may only be a radiance of yours. Who live and reign, for ever and ever...

Saturday 8th March

Work out your own salvation with fear and trembling; for it is God who is at work in you, enabling you both to will and to work for his good pleasure. Do all things without murmuring and arguing, so that you may be blameless and innocent, children of God without blemish in the midst of a crooked and perverse generation, in which you shine like stars in the world. **Philippians 2**

Oh my God, I believe in you, strengthen my faith. All my hopes rest in you, let me not be disappointed. I love you with all my heart. Teach me to love you daily more and more. Through Christ our Lord. Amen.

Monday 10th March

Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. **James 4**

Light of the world, Lord Jesus Christ, shine on us so that we may walk steadfastly today in the path of life; give light to our minds and warmth to our hearts, so that your light may shine out in all we do and say. Who live and reign, for ever and ever...

Tuesday 11th March - no Home Prayers because of Monastic Chapter

Wednesday 12th March

Yet even now, says the LORD, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the LORD, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love. **Joel 2**

Set our hearts on fire with love for you, O Christ our God, that in its flame we may love you with all our heart, with all our mind, with all our soul and with all our strength, and our neighbours as ourselves, so that, keeping your commandments, we may glorify you the giver of all good gifts, Who live and reign, for ever and ever...

Thursday 13th March

If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it.

Matthew 16

Father you have brought us to the beginning of a new day. Your hand is upon us to care for us and protect us. We offer you our lives and hearts. May we always do your will and love our neighbour as ourselves. Through Christ our Lord. Amen.

Friday 14th March

Is not this the fast that I choose...to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly.

Isaiah 58

Father we offer to you this day all our thoughts, words and actions, all our sufferings and disappointments, and all our joys. And we unite our lives with that of your beloved son, Jesus Christ. Who lives and reigns, for ever and ever...

Saturday 15th March

When the scribes of the Pharisees saw that he was eating with sinners and tax collectors, they said to his disciples, "Why does he eat with tax collectors and sinners?" When Jesus heard this, he said to them, "Those who are well have no need of a physician, but those who are sick; I have come to call not the righteous but sinners."

Mark 2

Rise up, o children of light, and let us give glory to the Lord who alone can save our souls. O Lord, as you withdraw sleep from the eyes of our body, grant us wakefulness of mind so that we may stand before you in awe and sing your praises worthily.

Monday 17th March

Be compassionate as your Father is compassionate. Do not judge, and you will not be judged yourselves; do not condemn, and you will not be condemned

yourselves; grant pardon, and you will be pardoned. Give, and there will be gifts for you: a full measure, pressed down, shaken together, and running over, will be poured into your lap; because the amount you measure out is the amount you will be given back. **Luke 6**

O God, who have commanded us to listen to your beloved Son, be pleased we pray to nourish us inwardly by your word, that, with spiritual sight made pure, we may rejoice to behold your glory. Through our Lord...

Tuesday 18th March

The greatest among you must be your servant. Anyone who exalts himself will be humbled, and anyone who humbles himself will be exalted. **Matt 23**

Prompt our action with your inspiration, we pray, O Lord, and further them with your constant help, that all we do may always begin from you and by you be brought to completion. Through our Lord...

Wednesday 19th March

You know that among the pagans the rulers lord it over them, and their great men make their authority felt. This is not to happen among you. No; anyone who wants to be great among you must be your servant, and anyone who wants to be first among you must be your slave, just as the Son of Man came not to be served but to serve, and to give his life as a ransom for many **Matt 20**

Pour your grace into our hearts, we pray, O Lord, that we may be constantly drawn away from unruly desires and obey by your own gift the heavenly teaching you give us. Through our Lord...

Thursday 20th March

A blessing on the man who puts his trust in the Lord, with the Lord for his hope.

He is like a tree by the waterside that thrusts its roots to the stream: when the heat comes it feels no alarm, its foliage stays green; it has no worries in a year of drought, and never ceases to bear fruit. **Jeremiah 17**

O God, who have prepared fitting helps for us in our weakness, grant we pray that we may receive their healing effects with joy and reflect them in a holy way of life. Through our Lord...

Friday 21st March

It was the stone rejected by the builders that became the keystone. This was the Lord's doing and it is wonderful to see. **Matt 21**

O God, who through your Word reconcile the human race to yourself in a wonderful way, grant, we pray, that with prompt devotion and eager faith the Christian people may hasten toward the solemn celebrations to come. Through our Lord...

Saturday 22nd March

The father said, "My son, you are with me always and all I have is yours. But it was only right we should celebrate and rejoice, because your brother here was dead and has come to life; he was lost and is found" **Luke 15**

O my God, I offer you my thoughts, words, actions and sufferings, and I beseech you to give me your grace that I may not offend you this day but may faithfully serve you and do your holy will in all things. Through Christ our Lord. Amen.

Monday 24th March

Take care what you do and be on your guard. Do not forget the things your eyes have seen, nor let them slip from your heart all the days of your life; rather, tell them to your children and to your children's children. **Deuteronomy 4**

Look with favour, Lord, on your household. Grant that, though our flesh be humbled by abstinence from food, our souls, hungering after you, may be resplendent in your sight. Through our Lord...

Tuesday 25th March

These were my orders: Listen to my voice, then I will be your God and you shall be my people. Follow right to the end the way that I mark out for you, and you will prosper. But they did not listen, they did not pay attention; they followed the dictates of their own evil hearts, refused to face me, and turned their backs on me. **Jeremiah 7**

Come, my Light, and illumine my darkness. Come, my Life, and revive me from death. Come, my Physician, and heal my wounds. Come, Flame of divine love, and burn up the thorns of my sins, kindling my heart with the flame of thy love. Through Christ our Lord. Amen.

Wednesday 26th March

The scribe said to him, 'Well spoken, Master; what you have said is true: that he is one and there is no other. To love him with all your heart, with all your understanding and strength, and to love your neighbour as yourself, this is far more important than any holocaust or sacrifice.' Jesus, seeing how wisely he had spoken, said, 'You are not far from the kingdom of God.' **Mark 12**

All powerful Father, God of goodness, you provide for all your creation. Give us an effective love for our sisters and brothers who suffer from lack of food or other necessities. Help us to do all we can to relieve their hunger and supply their needs, that they may serve you with carefree hearts. Through our Lord...

Thursday 27th March

The tax collector stood some distance away, not daring even to raise his eyes to heaven; but he beat his breast and said, "God, be merciful to me, a sinner." This man, I tell you, went home again at rights with God; ... the man who humbles himself will be exalted.'

Luke 18

Come, my Light, and illumine my darkness. Come, my Life, and revive me from death. Come, my Physician, and heal my wounds. Come, Flame of divine love, and burn up the thorns of my sins, kindling my heart with the flame of thy love. Through Christ our Lord. Amen.

Friday 28th March

Thus says the Lord: Now I create new heavens and a new earth, and the past will not be remembered, and will come no more to men's minds. Be glad and rejoice for ever and ever for what I am creating, because I now create Jerusalem 'Joy' and her people 'Gladness.'

Isaiah 65

Father, you have brought us to the beginning of a new day. Your hand is upon us to care for us and protect us. We offer you our lives and hearts. May we always do your will and love our neighbour as ourselves. Through our Lord...

Saturday 29th March

The angel brought me to the entrance of the Temple, where a stream came out from under the Temple threshold and flowed eastwards...wherever the water goes it brings health, and life teems wherever the river flows. Along the river, on either bank, will grow every kind of fruit tree with leaves that never wither and fruit that never fails; they will bear new fruit every month, because this water comes from the sanctuary. And their fruit will be good to eat and the leaves medicinal.'

Ezekiel 47

Light of the world, Lord Jesus Christ, shine on us so that we may walk steadfastly today in the path of life; give light to our minds and warmth to our hearts, so that your light may shine out in all we do and say.

Monday 31st March

For behold, I create new heavens and a new earth, and the former things shall not be remembered or come into mind. But be glad and rejoice forever in that

which I create; for behold, I create Jerusalem to be a joy, and her people to be a gladness.

Isa 65:17-19

Light of the world, Lord Jesus Christ, shine on us so that we may walk steadfastly today in the path of life; give light to our minds and warmth to our hearts, so that your light may shine out in all we do and say. Who live and reign, for ever and ever...

Tuesday 1st April

When Jesus saw him lying there and knew that he had already been there a long time, he said to him, "Do you want to be healed?" The sick man answered him, "Sir, I have no one to put me into the pool when the water is stirred up, and while I am going another steps down before me." Jesus said to him, "Get up, take up your bed, and walk." And at once the man was healed, and he took up his bed and walked.

John 5

Almighty God, in whom we live and move and have our being, you have made us for yourself and our hearts are restless until they rest in you; grant us purity of heart and strength of purpose, so that in your light we may see light clearly and in your service find perfect freedom. Through Christ our Lord. Amen.

Wednesday 2nd April

My Father still goes on working, and I am at work, too...For the Father loves the Son and shows him everything he himself does, as the Father raises the dead and gives them life, so the Son gives life to anyone he chooses...whoever listens to my words, and believes in the one who sent me, has eternal life; By myself I can do nothing; I seek to do not my own will but the will of him who sent me

John 5

Set our hearts on fire with love for you, O Christ our God, that in its flame we may love you with all our heart, with all our mind, with all our soul and with all our strength, and our neighbours as ourselves, so that, keeping your commandments, we may glorify you the giver of all good gifts, Who live and reign, for ever and ever...

Thursday 3rd April

I for my part was like a trustful lamb being led to the slaughter-house, not knowing the schemes they were plotting against me, 'Let us destroy the tree in its strength, let us cut him off from the land of the living, so that his name may be quickly forgotten!'

Jeremiah 11

Father we offer to you this day all our thoughts, words and actions, all our sufferings and disappointments, and all our joys. And we unite our lives with that of your beloved son, Jesus Christ. Who lives and reigns, for ever and ever...

Friday 4th April

Thus says the Lord: Now I create new heavens and a new earth, and the past will not be remembered, and will come no more to men's minds. Be glad and rejoice for ever and ever for what I am creating, because I now create Jerusalem 'Joy' and her people 'Gladness.'

Isaiah 65

Father you have brought us to the beginning of a new day. Your hand is upon us to care for us and protect us. We offer you our lives and hearts. May we always do your will and love our neighbour as ourselves. Through our Lord...

Saturday 5^h April

The angel brought me to the entrance of the Temple, where a stream came out from under the Temple threshold and flowed eastwards...wherever the water goes it brings health, and life teems wherever the river flows. Along the river, on either bank, will grow every kind of fruit tree with leaves that never wither and fruit that never fails; they will bear new fruit every month, because this water comes from the sanctuary. And their fruit will be good to eat and the leaves medicinal.'

Ezekiel 47

Light of the world, Lord Jesus Christ, shine on us so that we may walk steadfastly today in the path of life; give light to our minds and warmth to our hearts, so that your light may shine out in all we do and say, who live and reign for ever and ever. Amen

Monday 7th April

I am the light of the world; anyone who follows me will not be walking in the dark; he will have the light of life

John 8

O God, by whose wondrous grace we are enriched with every blessing, grant us so to pass from former ways to newness of life, that we may be made ready for the glory of the heavenly kingdom. Through Christ our Lord.

Tuesday 8^h April

‘When you have lifted up the Son of Man, then you will know that I am He and that I do nothing of myself: what the Father has taught me is what I preach;

John 8

May your grace not forsake us O Lord, we pray, but make us dedicated to your holy service and at all times obtain for us your help. Through Christ our Lord.

Wednesday 9th April

To the Jews who believed in him Jesus said: ‘If you make my word your home you will indeed be my disciples, you will learn the truth and the truth will make you free.’

John 8

Enlighten, O God of compassion, the hearts of your children, sanctified by penance, and in your kindness grant those you stir to a sense of devotion a gracious hearing when they cry out to you. Through Christ our Lord.

Thursday 10th April

If I were to seek my own glory, that would be no glory at all. My glory is conferred by the Father... I know him and I faithfully keep his word

John 8

Be near, O Lord, to those who plead before you, and look kindly on those who place their hope in your mercy, that cleansed from the stain of their sins, they may persevere in holy living and be made full heirs of your promise. Through our Lord Jesus Christ ...

Friday 11th April

If I am not doing my Father's work, there is no need to believe me; but if I am doing it, then even if you refuse to believe in me, at least believe in the work I do; then you will know for sure that the Father is in me and I am in the Father.'

John 10

Pardon the offences of your peoples, we pray, O Lord, and in your goodness set us free from the bonds of the sins we have committed in our weakness. Through Christ our Lord.

Saturday 12th April

I shall make a covenant of peace with them, an eternal covenant with them... I shall settle my sanctuary among them for ever. I shall make my home above them; I will be their God, they shall be my people.

Ezekiel 37

May the working of your mercy, O Lord, we pray, direct our hearts aright, for without your grace we cannot find favour in your sight. Through Christ our Lord.

Monday 14th April

Here is my servant whom I uphold, my chosen one in whom my soul delights. I have endowed him with my spirit that he may bring true justice to the nations.

Isaiah 42

O God, by whose wondrous grace we are enriched with every blessing, grant us so to pass from former ways to newness of life, that we may be made ready for the glory of the heavenly kingdom. Through Christ our Lord.

Tuesday 15th April

It is not enough for you to be my servant, to restore the tribes of Jacob and bring back the survivors of Israel; I will make you the light of the nations so that my salvation may reach to the ends of the earth. **Isaiah 49**

Grant, we pray, almighty God, that, though in our weakness we fail, we may be revived through the Passion of your Only Begotten Son. Who lives and reigns for ever and ever.

Wednesday 16th April

The Lord comes to my help, so that I am untouched by the insults. So, too, I set my face like flint; I know I shall not be shamed. **Isaiah 50**

O God, who willed your Son to submit for our sake to the yoke of the Cross, so that you might drive from us the power of the enemy, grant us, your servants, to attain the grace of the resurrection. Through Christ our Lord.

Thursday 17th April

When he had washed their feet and put on his clothes again he went back to the table. 'Do you understand' he said 'what I have done to you? You call me Master and Lord, and rightly; so I am. If I, then, the Lord and Master, have washed your feet, you should wash each other's feet. I have given you an example so that you may copy what I have done to you.' **John 13**

Love of you with our whole heart, Lord God, is holiness. Increase, then, your gifts of divine grace in us, so that, as in your Son's death, you made us hope for what we believe, you may likewise in his resurrection, make us come to you, our final end. Through Christ our Lord.

Friday 18th & Saturday 19th April - no Home Prayers because of Triduum