

Diocese of Waterford and Lismore

A Spiritual Journey Through Lent



*'Return to God with all your heart.
Return to the Lord your God, for He is
gracious and merciful'
(Joel 2:12)*

Prayer & Reflection for Wednesday

Turn our hearts to you, O God,
with you, there is healing,
wholeness and forgiveness,
and lasting peace.



Think of a situation in your life where you need healing or forgiveness. Give over that particular situation to the Lord and ask him to grant you peace to move on from your past and look towards your future with renewed hope during this Lenten season.

*Lord, grant me peace in my heart, bring me to a place in the desert where I can fix my eyes on you and clear from the mind the obstacles that keep me from loving you.
Amen.*



Prayer & Reflection for Thursday

Be with me, Lord, be with me, Lord,
when I am in trouble, I pray



Today, ask the Lord to take your hand through all the difficulties that you face in your life. Ask Him to be your constant companion, and realise that He is carrying you through every single step you take, day by day.

Lord, take my hand firmly in your grasp today and allow me to walk forward in confidence, knowing that you are with me every step of the way. When difficulties arise, I ask you to carry me through with faith, hope and love in my heart. Amen.

Prayer & Reflection for Friday

Come to me and I shall give you rest,
my body shall rest in safety.

When you are weary from the daily struggles of life, give yourself some time today to rest and pray with some sacred scripture. Light a candle and dwell on the brightness that is the Lord shining in your life.



*Lord, let this light shine in my heart and give me peace. Let it radiate your presence within me to others, so that I can share that light with those around me.
Come, be my light, Lord Jesus. Amen.*

Prayer & Reflection for Saturday

Shepherd me, O God, beyond
my wants, beyond my fears,
from death into life.

*Today, reflect on the times that you may have strayed
from the path of the way of Jesus. How do you feel when
you choose the wrong way?*

Ask the Lord to direct you to the way back.

*Lord, when I have more than I need, and
then again, sometimes I fear for the future,
let my eyes always be fixed on you and the
plans you have for my life.*

*Bring me back to the correct
path when I stray.*

Let me always be guided by you.

Be with me Lord. Amen

Prayer & Reflection for Sunday

Come to the water, you who are thirsty.
Though you have nothing, come.

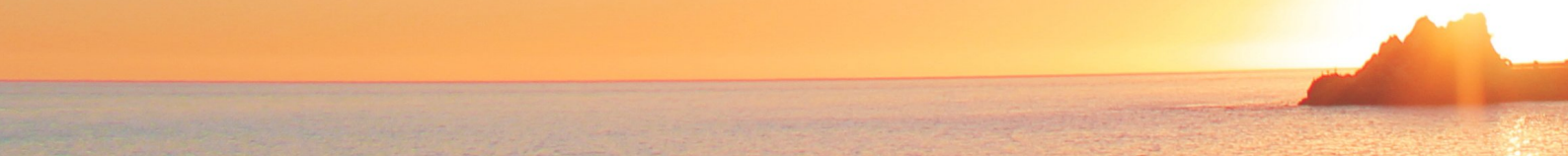
On this day, take time to think about the times that you feel inadequate in your daily life - the times that you feel that you have nothing to offer, be it in your family life, your work life, or those with whom you interact.

*Remember that the Lord is always there, telling you that **you** are enough. He loves you.*

Lord, you invite me to come to you and you welcome me with open arms, no matter what my circumstances are.

I ask you to give me the strength of your love, peace and care as I journey day by day through life.

May I always know your love for me and your unfailing friendship in my life. Amen.



Prayer & Reflection for Monday

I will lift up my eyes at His name,
to the one who knows me well.

Take a moment to reflect on God who has created you in his own image and likeness. 'Before I formed you in the womb, I knew you'. Let these words resonate in your heart today and allow the wonder and awe of his presence into your life once more.

Look upwards and pray to Him.

Lord, it is you I seek with all my life.

Without you, I am nothing.

I will bless your name while I live and endeavour to make your wonderful love known to all I meet.

May your light shine forth from me.

Renew my committment to you this Lent and may I rejoice in your resurrection at Easter Time. Amen.

Prayer & Reflection for Tuesday

Be merciful O Lord, for I have sinned.
Have mercy on me, God, in your
kindness

Take time today to dwell on the mercy and love of God, who forgives us of all our failings as we journey through life. Take time to be at peace with yourself, and pray to the Lord asking him to continue to bless you and keep you safe.

Lord, I ask you to show mercy to me for all the times I have done wrong in my life.

Let this time of Lenten renewal offer me the opportunity to renew my life and change my ways.

Grant me pardon, Lord. Amen.