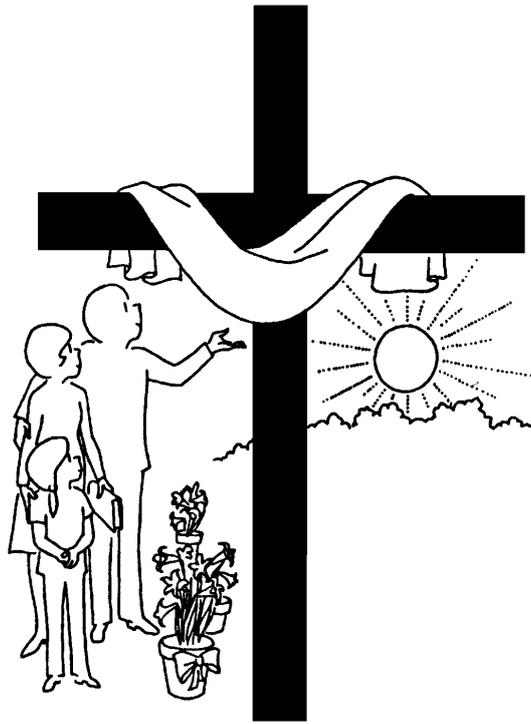


HOME PRAYER



LENT 2021

Mondays & Saturdays

Throughout Lent

Week 1. Monday

“Be Holy for I, Yahweh your God, am holy....You must not steal nor deal deceitfully or fraudulently with your neighbour... you must not exploit or rob your neighbour. You must not keep back the labourer’s wages till next morning....You must not be guilty of unjust verdicts. You must neither be partial to the little man nor overawed by the great....You must not bear hatred for your brother in your heart....You must love your neighbour as yourself”

We often think of a ‘holy’ person as someone distant and remote. This reading tells us that a holy person is someone who is caring and practical. Jesus taught us that service to our neighbour is serving God.

“In so far as you did this (feeding the hungry, giving drink to the thirsty, clothing the naked, welcoming the stranger, visiting the sick and imprisoned) to one of these least, you did it to me....in so far as you neglected to do this to one of the least of these, you neglected to do it to me.”

Holiness is not measured by the time we spend in prayer but by the quality of our relationships, how they reflect the goodness and love of God.

“Spirit of God, breathe your Spirit into us so that our lives may reflect our Father’s tenderness and love for all creation. We ask this through our Lord, Jesus Christ. Amen”

Our Father.....

Hail Mary.....

Glory be to the Father.....

Week 2. Monday

“To the Lord our God mercy and pardon belong”.

God is all good and all loving. He is the only one who can give absolute forgiveness. We should seek his forgiveness through repentance and penance.

Jesus said to his disciples: “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.”

Penance is more than practising some hardship, like giving something up for Lent. It means a change of heart. Luke illustrates it by telling us to ‘be compassionate as your Father is compassionate’. To resist the temptation to judge others, to treat them with care.

“Loving Father grant us your gift of mercy so that we may listen without judging, and without condemning. Help us to forgive others as you forgive us. We ask this through Jesus Christ, our Lord. Amen.”

Our Father.....

Hail Mary.....

Glory be to the Father.....

Week 3. Monday

“And Yahweh has today made this declaration about you: that you will be his very own people as he promised you, but only if you keep all his commandments.... and you will be a people consecrated to Yahweh, as he promised.”

To be the people of God means to live in the spirit of his commands, not simply according to the letter of the Law.

Jesus said to his disciples, “You have learned how it was said you must love your neighbour and hate your enemy. But I say this to you: love your enemies and pray for those who persecute you; in this way you will be children of your Father in heaven, for he causes the sun to rise on the bad as well as the good, and his rain to fall on honest and dishonest alike... You must therefore be perfect just as your heavenly Father is perfect.”

It is difficult enough to love those who love us but Jesus tells us that we should love those who have hurt us because this is what God, our Father, does.

The perfect person is not the one who rigidly keeps the rules (and often criticises those who don't) but is the one who is tolerant of the shortcomings of others, open to those who disagree with or oppose them and acknowledges that there are parts of ourselves which are far from perfect.

“Deliver us, Lord, from every form of self-righteousness from any glorying in our own goodness. Give us the eyes to see and the courage to face our own sinfulness and disorder, so that acknowledging it, and trusting in your love for us in our sinfulness, we may show that same compassion even to our enemies. We ask you this through Jesus Christ, our Lord. Amen.”

Our Father.....

Hail Mary.....

Glory be to the Father.....

Week 4. Monday

“I sought the Lord and he answered me, and delivered me from all my fears.”

Prayer is for our benefit not God's. He is not interested in our prayers, as the prophets make clear, except in so far as they are expressions of a mind and heart longing for him.

“In your prayers do not babble as the pagans do, for they think that by using many words they will make themselves heard. Do not be like them; your Father knows what you need before you ask him. So you should pray like this:

Our Father in heaven, may your name be held holy, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. And forgive us our debts, as we have forgiven those who are in debt to us. And do not put us to the test, but save us from the evil one.”

How often do we babble the “Our Father” as well as any pagan?

Our prayers should be the way in which we deepen our relationship with our Creator.

In the “Our Father”, Jesus gave us examples of the types of prayers to say rather than the words to use. We should praise God, express our sorrow, ask His forgiveness, ask for our needs and for the needs of others.

Pray the Our Father, Hail Mary and Glory be to the Father slowly, stopping at the end of each phrase to think about the meaning of the words you have just said.

Week 5. Monday

“The godless say to themselves, with their misguided reasoning. ‘Let us lie in wait for the virtuous man, since he annoys us and opposes our way of life... the very sight of him weighs our spirits down... Let us test him with cruelty and with torture, and thus explore this gentleness of his and put his endurance to the proof. Let us condemn him to a shameful death since he will be looked after - we have his word for it.”

The seeds of violence and injustice are in our minds and hearts. They are strengthened and sustained by our fears and they infect every aspect of our lives.

“After this Jesus stayed in Galilee: he could not stay in Judaea, because the Jews were out to kill him.”

Why did Jesus incur such unpopularity? The Gospels present him as a compassionate and attractive person, yet his own people wanted to kill him. When we allow fear and prejudice to rule our hearts and minds we risk doing violence to others.

Whatever we do to others, we are also doing to God. Jesus is not crucified by the Jews; he is crucified by any of us whenever we hurt another human being.

“O God, eradicate from our minds and hearts the hidden roots of violence and destruction. Infect our minds and hearts with the gentleness of your Son, so that we may learn to counter violence with blessing, hatred with love, and cruelty with kindness. We ask you this through Jesus Christ, our Lord. Amen.”

Our Father.....

Hail Mary.....

Glory be to the Father.....

Week 6. Monday

“For my part, I made no resistance, neither did I turn away. I offered my back to those who struck me, my cheeks to those who tore at my beard; I did not cover my face against insult and spittle. The Lord Yahweh 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.”

Suffering, in itself, is an evil and to be avoided. God’s will for us is life not destruction and death.

“His state was divine, yet he did not cling to his equality with God but emptied himself to assume the condition of a slave, and become as men are; and being as all men are, he was humbler yet, even to accepting death, death on a cross.”

Jesus did not want suffering, he prayed, in the Garden, to escape from it but in living out God’s will he could not.

If we try to live in God’s way, oppose injustice, speak the truth, we will also suffer at the hands of those who love evil. We should ask Christ to enter into our suffering and take our strength from him.

“Help us so to gaze at you on the cross, that we may recognize your Spirit living in our hearts, the Spirit of peace and reconciliation, the Spirit of forgiveness and love for our enemies. We ask you this through Jesus Christ, Our Lord.

Amen.”

Our Father.....

Hail Mary.....

Glory be to the Father.....

Saturday Prayers For The Dead

The Apostles' Creed

I believe in God
the Father Almighty,
creator of heaven and earth.
I believe in Jesus Christ,
his only Son, our Lord,
He was conceived by the power of
the Holy Spirit and born of the
Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was
buried. He descended to the dead.
On the third day he rose again.
He ascended into heaven,
and is seated at the right hand of
the Father. He will come again to
judge the living and the dead.
I believe in the Holy Spirit,
the holy Catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. **Amen**

Our Father

Our Father who art in heaven
hallowed by thy name.
Thy Kingdom come, Thy will be done
on earth, as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass
against us, and lead us not into
temptation, but deliver us from evil.
Amen

De Profundis

Out of the depths I cry to you,
O Lord, Lord, hear my voice!
O let your ears be attentive
to the voice of my pleading.
If you, O Lord, should mark our guilt,
Lord, who would survive?
But with you is found forgiveness:
for this we revere you.
My soul is waiting for the Lord,
I count on his word.
My soul is longing for the Lord
more than watchman for the
daybreak. Let the watchman count
on daybreak and Israel on the Lord.
Because with the Lord there is mercy
and fullness of redemption,
Israel indeed He will redeem
from all its iniquity

Hail Mary

Hail Mary, full of grace,
The Lord is with thee
Blessed art thou among women And
blessed is the fruit of thy womb,
Jesus Holy Mary, Mother of God
Pray for us sinners, now and at the
hour of our death. **Amen.**

Glory Be

Glory be to the Father and to the Son
and to the Holy Spirit, as it was in the
beginning, is now, and ever shall be,
world without end.
Amen.