

Monday 23 February

Today, as often, our focus for our Monday prayer is vocations. We ask God to help us know what he wants from us, what our talents are and how we can respond to him.

O Holy Spirit, Spirit of wisdom and divine love,
impart Your knowledge, understanding, and counsel to youth
that they may know the vocation wherein they can best serve God.
Give them courage and strength to follow God's holy will.
Guide their uncertain steps, strengthen their resolutions, shield their chastity, fashion their minds,
conquer their hearts, and lead them to the vineyards where they will labour in God's holy service.
Amen.

Our Father.....

Tuesday 24 February

As we continue on our journey through Lent, we ask that God's Love will help us keep our Lenten promises.

Lord,
I know how much you love me.
It's hard for me to feel it sometimes,
but I know your love is always with me.
Help me to use your love as a way
to persevere in my Lenten intentions.
I am weak, but I know with your help,
I can use these small sacrifices in my life to draw closer to you.

We ask Mary, our Mother to join with us in our prayers.

Hail Mary.....

Wednesday 25 February

In his work and teaching Jesus often referred to water especially as it being life giving.

Jesus said to the woman at the well, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life."

We pray today that we will 'drink the water of eternal life' but also in this time of Lent pray for those in the Developing World who do not have the basic water for daily living.

O God, through your Son, Jesus, you satisfy
our thirst with the waters of eternal life.
Inspire us by your abundance to support those who work to
make clean water available to all the world's people. Amen.

Hail Mary.....

Thursday 26 February

‘Jesus answered, “Very truly, I tell you, no one can enter the kingdom of God without being born of water and the Spirit. . . . And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.”

From the early days of the church, Lent has been a time of preparing for baptism, in which we participate in Christ’s death and resurrection. This gift of new life enables us to work for changes in the policies and conditions that allow hunger and poverty to exist.

O Christ, you are the source of salvation for all those who place their trust in you.
May the gift of your Spirit in our baptism inspire us to offer hope and opportunity to those who live in hunger and poverty.
Amen.

Our Father.....

Friday 27 February

Today, let us think about our Lenten Promises of prayer, fasting and almsgiving.

Prayer, fasting and almsgiving bring us closer to God by helping us to detach from our selfishness and worldly distractions (such as that TV series we just *have* to watch or our thoughts about keeping up with the Joneses, for example).

Jesus reminds us in the Gospel read every Ash Wednesday to do penitential activities out of love and devotion for *Him* rather than out of a desire to impress others. Lenten prayers can help us better discern His will for us. Almsgiving can help make Christ more present in our lives as we show others His love!

Fasting can help us be closer to our Lord. When we give up meat on Fridays, and other foods or activities during the season, we imitate in some small way His sacrifice for us. After all He gave up His life for our salvation. Fasting can also help with almsgiving. You can take whatever money you might have otherwise spent on your sacrifices and give it to the poor or to organisations such as SCIAF.

Hail Mary....