





40 Lenten Prayers

<p>Merciful God, help me be more like you today in my thoughts, actions and words. Philippians 4:4-9</p>	<p>Forgiving God, open my eyes to my sin and give me a repentant heart. 2 Corinthians 7:9-10</p>	<p>Wonderful God, your grace covers me. Help me to draw near to you and offer that same grace to others. Matthew 7:2-5</p>	<p>Take time to pray today in your own words.</p> 	<p>Loving God you ask me to love you and others. Help me to do both today. Matthew 22:36-40</p>	<p>Gentle God, help me be more compassionate towards others, and to see them through your eyes. Colossians 3:12</p>	<p>Compassionate God, for all those people who are in prison, may they understand their worth and value.</p>	<p>Creator God, your creation shouts your name. Make me aware of you all day long. Isaiah 44:23</p>
<p>God of comfort be with people who are hurting today. Heal their hearts and be close to them. Lamentations 3:22-23</p>	<p>God who gives us choices, help me to do what is right especially when it is hard to make that decision. Proverbs 14:15</p>	<p>God at the centre of all things, help me pray with my whole heart and mind – with my full attention. Jeremiah 29:13</p>	<p>Welcoming God, when I am not close to you it is because I have turned away. Help be to draw close. Romans 8:38-39</p>	<p>Accepting God, open my heart to the needs of others. I want to be merciful. Luke 6:36</p>	<p>God of truth, make me a truth teller. In you there is no deceit or darkness only light and truth. Psalm 86:11</p>	<p>Take time to pray today in your own words.</p> 	<p>Gentle God, give me patience. Your timing is perfect and not mine. Show me how to wait on you. Galatians 6:9</p>
<p>Challenger God, you have given me a spirit of courage, help me to live bravely for you. 2 Timothy 1:7</p>	<p>Devoted God, out of Love you gave us your son. Thank you for all the things you give us, like ... 1 Peter 2:24</p>	<p>Father, please forgive me for _____. Help me to turn always towards you and not away from you. 1 John 1:9</p>	<p>Constant God, make me a person who lives with perseverance and never gives up. Isaiah 40:31</p>	<p>God of light, you tell me to be trustworthy in little and big things. Help me to be a person of trust. Luke 16:10</p>	<p>God who gifts us everything, today I am grateful for these three things _____. 1 Thess 5:18</p>	<p>Teacher God, today I pray for teachers, priests and leaders in our world. Give them courage and guidance. 1 Timothy 2:1-2</p>	<p>Faithful God, help me to choose good friends, and to be a good friend who encourages others towards good. Proverbs 12:20</p>
<p>Peaceful God, today I pray for all those people who struggle with mental health. May they feel your loving presence in the care of those around them.</p>	<p>God of light, your truth sets me free. Help me to follow your path and be focused on you. John 8:32</p>	<p>Take time to pray today in your own words.</p> 	<p>Loving Go, may everything I do be done in love. That is the most important thing of all. 1 Corinthians 13:1</p>	<p>God of strength, help me today to be humble and know that we are all made in your image. Psalm 51:17</p>	<p>God of love, living in unity and peace is something you want for us. Help me to create peace in our home. Matthew 12:25</p>	<p>God of truth, help me today to stay on a good path and not make bad choices when tempted. Proverbs 1:10</p>	<p>Creator God, help me today to notice the beauty in the world around me, and know that you have a hand in it all. Wisdom 11:22-12:2</p>
<p>God of second chances, I want to be kind, help me to choose kindness even when others are not kind to me. Ephesians 4:32</p>	<p>Mother God, you ask that we honour our parents, today I pray that I would be respectful and considerate of others. Ephesians 6:1-3</p>	<p>God who loves me, today I want to listen to you voice. (Spend some time in silent prayer)</p>	<p>Encourager God, fill me with courage and strength. So I may be the person you want me to be. Joshua 1:9</p>	<p>Take time to pray today in your own words.</p> 	<p>Forgiving God, make me someone who works for peace, even when others don't. James 3:17</p>	<p>Generous God, you have given me special gifts and talents, help me to use them for your glory. 1 Peter 4:10</p>	<p>Peaceful God, help me to quiet my mind so I can hear your voice clearly. Proverbs 3:5</p>

40 Lenten Activities

Smile at 3 random people today	Let someone go ahead of you in a line.	Fast from electricity for a day.	Fast from desserts for a whole week.	Fast from saying negative things for the day.	Go to confession.	Pray for those in prison.	Spend some time at your local beach or park cleaning up rubbish.
Watch a movie together that has an uplifting message.	Clean up a mess that somebody else made (without complaining)	Attend or read the Stations of the Cross.	Pray for the Pope.	Volunteer some of your time to help a	Light a candle at church and pray for someone in your life.	Do something to help mother earth.	Visit a local cemetery and help clean up a few of the graves.
Pray for political and world leaders.	Memorise a prayer that you don't already know off by heart.	Make hot cross buns as a family.	Surprise someone by doing a task or chore that they normally do.	Learn about a Saint.	Do something healthy today to take care of the body that God gave you.	Clear your mind and sit quietly with God for 5 minutes.	Donate a bag of things that are nice but that you just don't use.
Plan and make a very simple meal as a family. As you eat it talk about ways you can help people who are hungry.	Pray for people who are preparing to become Catholic.	Do some art or create something that glorifies God.	Send a note of encouragement to someone who is in a religious order, like a priest or a Sister.	Ask for forgiveness from someone that you know you have wronged.	Have a day when you don't use your car, and you bike or walk or bus everywhere.	Thank someone who has been a positive influence in your life.	Pray the Rosary or even just a decade as a family.
Genuinely compliment someone who is not expecting it.	Donate some food to a local church charity.	Make a giving box and collect change from people in your place during lent to donate.	Make homemade pretzels and invite someone round to share them with you.	Visit an elderly friend or relative who may be lonely.	Pray for good things for someone who has been unkind to you.	Go to a weekday mass.	Give up television and internet for a day.