

LENT SCRIPTURE READING, REFLECTION PRAYER

LENT DAY 1 (14 Feb 2024)

(Ash Wednesday)

Fr. Andy Lee (Updated)

Read: Joel 2:12-13

Now, now – it is the Lord who speaks – come back to me with all your heart, fasting, weeping, mourning. Let your hearts be broken, not your garments torn, turn to the Lord your God again, for he is all tenderness and compassion, slow to anger, rich in graciousness, and ready to relent.

A moment of silence to meditate on the Word of God

Reflect:

Where have I wandered in my life that God is looking for me and calling out, “Come back to me”?

Why does my heart need to be broken? What is the meaning of this expression?

Have I ever experienced God as all tenderness and compassion, slow to anger, rich in graciousness and ready to relent? If never, why not?

Pray: God of mercy and compassion, your love is eternal and your forgiveness is unconditional. May these 40 days of Lent be an opportunity for me to experience the tenderness of your love by turning away from my sins and returning to you. Amen.

“God never tires of forgiving us; we are the ones who tire of seeking his mercy.” Pope Francis

LENT DAY 2 (15 Feb 2024)

(Thursday after Ash Wednesday)

Read: Luke 9:23

If anyone wants to be a follower of mine, let him renounce himself and take up his cross everyday and follow me. For anyone who wants to save his life will lose it; but anyone who loses his life for my sake, that man will save it

A moment of silence to meditate on the Word of God

Reflect:

To be a disciple of Jesus is a personal decision and choice. Do I consider myself a follower or a disciple of Jesus?

To be a disciple of Jesus involves making sacrifices. What must I renounce or give up in order to follow Jesus?

To be a disciple of Jesus means putting him first in my life. How do I make Jesus the Lord of my life?

Pray: Lord Jesus Christ, I thank you because in spite of my unworthiness and weaknesses, you still call me to follow you and be your disciple. Therefore, give me the grace to respond to your call and the strength to do your will everyday of my life. Amen.

“Do not be afraid to be saints. Follow Jesus Christ who is the source of freedom and light. Be opened to the Lord so that He may lighten all your ways.” Pope John Paul II

LENT DAY 3 (16 Feb 2024)

(Friday after Ash Wednesday)

Read: Isaiah 58:6-7

Is not this the sort of fast that pleases me – it is the Lord who speaks – to break unjust fetters and undo the thongs of the yoke, to let the

oppressed to free, and break every yoke, to share your bread with the hungry, and shelter the homeless poor, to clothe the man you see naked and not turn from your own kin?

A moment of silence to meditate on the Word of God

Reflect:

When I fast, am I doing it for my own good or for the good of others? In other words, does it benefit me or benefit others?

What are the things that I am attached to in this world, that could hinder my relationship with God and those around me?

Fasting purifies our desires so that we can have a greater longing for God. What kind of fast can I do this season of Lent?

Pray: Lord Jesus Christ, you fasted in the desert for 40 days and 40 nights. Help me to follow in your footsteps that I may be able to be your faithful disciple by detaching myself from sin and by attaching myself to you. Amen.

"Fasting is the soul of prayer. Mercy is the lifeblood of fasting. So if you pray, fast. If you fast, show mercy." St. Peter Chrysologus

DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

Fast from hurting words and say kind words.

Fast from sadness and be filled with gratitude. Fast from anger and be filled with patience.

Fast from pessimism and be filled with hope.

Fast from worries and have trust in God.

Fast from complaints and contemplate simplicity. Fast from pressures and be prayerful.

Fast from bitterness and fill your hearts with joy.

Fast from selfishness and be compassionate to others.

Fast from grudges and be reconciled.

Fast from words and be silent so you can listen.

LENT DAY 4 (17 Feb 2024)

(Saturday after Ash Wednesday)

Read: Luke 5:30-32

The Pharisees and their scribes complained to his disciples and said, „Why do you eat and drink with tax collectors and sinners?“ Jesus said to them in reply, „It is not those who are well who need the doctor, but the sick. I have not come to call the virtuous, but sinners to repentance.“

A moment of silence to meditate on the Word of God

Reflect:

Why would the Pharisees and scribes complain to the disciples about Jesus? Am I like the Pharisees and scribes?

How would tax collectors and sinners feel when they were with Jesus?

What does this say about the person or character of Jesus?

God never stop welcoming sinners and calling them to repentance. What are the sins that I need to repent from?

Pray: Lord Jesus, you came to call sinners to repentance. No matter how far I have gone or how long I have been away, you never stop calling or loving me. May this Lent be a new beginning for me to renew my friendship and discipleship with you. Amen.

"The Church is a hospital for sinners, not a museum for saints."

LENT DAY 5 (18 Feb 2024)

(1st Sunday of Lent)

Read: Luke 4:1-4

Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness, being tempted there by the devil for forty days. During that time he ate nothing and at the end he was hungry. Then the devil said to him, „If you are the Son of God, tell this stone to turn into a loaf.“ But Jesus replied, „Scripture says: Man does not live on bread alone.“

A moment of silence to meditate on the Word of God

Reflect:

Lent is our 40 days in the wilderness where we reevaluate priorities in light of the Word of God. What do I value the most in my life?

Jesus was filled with the Holy Spirit after his baptism. What is the purpose of the Holy Spirit leading Jesus through the wilderness?

Am I aware of the Holy Spirit leading me through my daily life? Which area of my life is led by the Holy Spirit?

Pray: Holy Spirit, my Comforter and Guide, I need your guidance during this time of Lent. Help me to see the world as you want me to see it to that I may know how to live in this world according to the plan of God.

Amen.

“God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.” 1 Corinthians 10:13

LENT DAY 6 (19 Feb 2024)

(Monday of the 1st week of Lent)

Read: Matthew 25:37-40

Then the virtuous will say to him in reply, “Lord, when did we see you hungry and feed you; or thirsty and give you drink? When did we see you a stranger and make you welcome; naked and clothe you; sick or in prison and go to see you? And the King will answer, “I tell you solemnly, in so far as you did this to one of the least of these brothers of mine, you did it to me.

A moment of silence to meditate on the Word of God

Reflect:

In saying, “You did it to me”, Jesus identifies himself with the hungry, the thirsty, the stranger, the naked and the prisoner. Why?

What can I do to become like Jesus in my relationship with others?

Lent is a time of sharing with others what I have. What are the gifts and blessings that God has given to me that I can share with others?

Pray: Lord Jesus, when you came into this world, you became one with us and experienced our human weaknesses. Give me a merciful and compassionate heart so that I may share in the suffering others and help them to be strong and courageous. Amen.

“Whatever God has put you, that is your vocation. It is not what we do but how much love we put into it.” Mother Teresa

LENT DAY 7 (20 Feb 2024)

(Tuesday of the 1st week of Lent)

Read: Matthew 6:14-15

Yes, if you forgive others their failings, your heavenly Father will forgive you yours, but if you do not forgive others, your Father will not forgive your failings either.

A moment of silence to meditate on the Word of God

Reflect:

Lent calls us to experience God’s forgiveness. He is our Father who longs for the return of his children. Do I relate to God as my Father? If not, why?

What happens when I forgive? What happens when I don’t forgive?

Lent calls us to share God's forgiveness with others, especially those who have hurt us. Who do I need to forgive in my life? How do I forgive those who have hurt me?

Pray: Heavenly Father, source of all love and forgiveness. You never tire of forgiving me, a sinner. Grant me the grace to forgive those who have hurt me so that I may reflect your image and likeness in my life. Amen.

"What we say and how we say it, our every word and gesture, ought to express God's compassion, tenderness and forgiveness for all." Pope Francis

LENT DAY 8 (21 Feb 2024)

(Wednesday of the 1st week of Lent)

Read: Jonah 3:4-5

He preached in these words, „Only forty days more and Nineveh is going to be destroyed." And the people of Nineveh believed in God; they proclaimed a fast and put on sackcloth, from the greatest to the least. The news reached the king of Nineveh, who rose from his throne, took off his robe, put on sackcloth and sat down in ashes.

A moment of silence to meditate on the Word of God

Reflect:

Jonah brought the message of repentance to the people of Nineveh and they repented. What can I do to bring God's message of repentance to my family and friends?

Why would the people of Nineveh repented after listening to the words of Jonah? The people of Nineveh, from the greatest to the least believed in God and repented. What is the significance of putting on sackcloth or sitting down in ashes?

Pray: Merciful Father, you sent Jonah to bring the message of repentance and salvation to the people of Nineveh. Send your Holy Spirit to touch my heart so that like the people of Nineveh, I may receive your forgiveness and new life. Amen.

"Sin is the wound. Repentance is the medicine." St. John Chrysostom

LENT DAY 9 (22 Feb 2024)

(Thursday of the 1st week of Lent)

Read: Matthew 7:7-8

Jesus said to his disciples, „Ask, and it will be given to you; search, and you will find; knock, and the door will be opened to you. For the one who asks always receive; the one who searches always finds; the one who knocks will always have the door opened to him."

A moment of silence to meditate on the Word of God

Reflect:

Prayer does not mean asking God for all kinds of things we want. It is rather the desire for God himself. When I pray, what do I usually say? Sometimes when we search for something and don't find it, we become discouraged. What are the things that I am searching for most in life? Am I feeling discouraged?

Which doors am I knocking on in life? Are they opened or remained shut? Which door does God wants me to knock?

Pray: Lord Jesus, give me the wisdom and understanding to ask with faith in your divine providence, to search for your truth with determination and to knock in humility at the door of your heart. Above all, may your plan and will be done in my life. Amen.

"Pray, hope and don't worry. Worry is useless. God is merciful and will hear your prayer." St. Padre Pio

LENT DAY 10 (23 Feb 2024)

(Friday of the 1st week of Lent)

Read: Ezekiel 18:21-22

Thus says the Lord: „If the wicked man renounces all the sins he has committed, respects my laws and is law-abiding and honest, he will certainly live; he will not die. All the sins he committed will be forgotten from then on; he shall live because of the integrity he has practiced.

A moment of silence to meditate on the Word of God

Reflect:

Renunciation of sins means saying no to sin. It is the first step in repentance. What are the sins that I need to renounce?

„All the sins he committed will be forgotten from then on”: what does this tell us about the mercy and forgiveness of God?

What is the meaning of „integrity”? How can I live a life of integrity?

Pray: Almighty and loving God, you take pleasure not in the death of a wicked man, but in giving forgiveness and life to him. Help me to respond to your call to repentance and renunciation of sin in order to live a life of integrity and according to your will. Amen.

“If people would do for God what they do for the world, my dear people, what a great number of Christians would go to heaven!”

LENT DAY 11 (24 Feb 2024)

(Saturday of the 1st week of Lent)

Read: Matthew 5:44-45, 48

But I say this to you: love your enemies and pray for those who persecute you; in this way you will be sons of your Father in heaven...You must therefore be perfect just as your heavenly Father is perfect.

A moment of silence to meditate on the Word of God

Reflect:

The perfection of the heavenly Father is love and Jesus came to show us how to love as he did. What are the characteristics of this love of the Father?

Why do I find it difficult to love my enemies or pray for those who persecute me? What is the word of God challenging me to do today?

With God, nothing is impossible. What must I do to be perfect as the heavenly Father is perfect?

Pray: Lord Jesus Christ, on the cross, you prayed for your enemies,

“Father, forgive them for they know not what they are doing.” I know this is hard for me to do. Therefore, give me the grace and strength of the Spirit so that I may be able to love and forgive my enemies like you. Amen.

“You don’t love in your enemies what they are, but what you would have them become by your prayers.” St. Augustine

LENT DAY 12 (25 Feb 2024)

(2nd Sunday of Lent)

Read: Luke 9:34-35

As he spoke, a cloud came and covered them with shadow; and when they went into the cloud the disciples were afraid. And a voice came from the cloud saying, „This is my Son, the Chosen One. Listen to him.”

A moment of silence to meditate on the Word of God

Reflect:

Jesus brought Peter, James and John with him when he was transfigured. Why were they afraid?

The voice of the Father was heard at the transfiguration of Jesus, confirming the identity of Jesus as the Son of God. What is the importance of this revelation?

The Father's command: „Listen to him." How can I listen to Jesus today?
What is Jesus telling me now in this season of Lent?

Pray: Lord Jesus Christ, at the Transfiguration, you strengthened the faith of the disciples in preparation for your suffering and death on the cross. May this blessed season of Lent be for me, a time of preparation so that as your disciple, I may take up my cross and follow you faithfully. Amen.

“If God sends you many sufferings, it is a sign that he has great plans for you, and certainly wants to make you a saint.”
St. Ignatius of Loyola

LENT DAY 13 (26 Feb 2024)

(Monday of the 2nd week of Lent)

Read: Luke 6:36-37

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.”

A moment of silence to meditate on the Word of God

Reflect:

How can we know that the heavenly Father is a God of mercy and compassion? Have I ever experienced his mercy and compassion?

Empathy is seeing with the eyes of another, listening with the ears of another and feeling with the heart of another. Do I have empathy?

Compassion will cure more sins than condemnation. How can I practice compassion in my daily life?

Pray: Merciful Father, where sin abounds, your grace abounds even more. I thank you for this holy season of Lent and the opportunity once more to experience your mercy and grace. Fill me with the Holy Spirit so that I may have empathy on those around me and reach out to them in love and compassion. Amen.

“The Lord has loved me so much. We must love everyone and must be compassionate!”

St. Josephine Bakhita

LENT DAY 14 (27 Feb 2024)

(Solemnity of St. Joseph, Husband of Mary)

Read: Matthew 1:20-21, 24

The angel of the Lord appeared to him in a dream and said, „Joseph son of David, do not be afraid to take Mary home as your wife, because she has conceived what is in her by the Holy Spirit. She will give birth to a son and you must name him Jesus, because he is the one who is to save his people from their sins.” When Joseph woke up, he did what the angel of the Lord had told him to do. A moment of silence to meditate on the Word of God

Reflect:

Why was Joseph afraid to take Mary as his wife?

When Joseph woke up, he did what the angel told him to do. What does this say about the character of Joseph?

What would I have done, if I were Joseph? Would I have done what God had wanted me to do? Why?

Pray: Almighty Father, in your wisdom and providence, you entrusted the care of Jesus and Mary to Joseph. Give me a steadfast faith that in all my difficulties and challenges, like Joseph, I may always put my trust in you. Amen.

“Do not lose hope; St. Joseph also experienced moments of difficulty, but he never lost faith and was able to overcome them, in the certainty

that God never abandons us.” Pope Francis

LENT DAY 15 (28 Feb 2024)

(Wednesday of the 2nd week of Lent)

Read: Matthew 20:26-28

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.

A moment of silence to meditate on the Word of God

Reflect:

Why is it difficult to be a servant in today's society? What are the challenges or disadvantages?

Just as the life of a disciple is modelled after the teacher, so too the life of a Christian is modelled after the life of Christ. Is my life modelled after the life of Jesus?

How can I live the life of a servant in my daily life? What is Jesus asking me to do this Lent?

Pray: Lord Jesus, thank you for your willingness to give your life as a ransom for many. In a world filled with so many uncertainties and doubts, help me to hold on to you as the way that I follow, the truth that I believe and the life that I live. Amen.

“When we serve the poor and the sick, we serve Jesus. We must not fail to help our neighbours, because in them, we serve Jesus.”

St. Rose of Lima

LENT DAY 16 (29 Feb 2024)

(Thursday of the 2nd week of Lent)

Read: Jeremiah 17:9-10

The heart is more devious than any other thing, perverse too: who can pierce its secrets? I, the Lord, search to the heart, I probe the loins, to give each man what his conduct and his actions deserve.

A moment of silence to meditate on the Word of God

Reflect:

Why does prophet Jeremiah say that the heart is more devious or perverse than any other thing? Do you agree with him?

What is the condition of my heart? If the Lord were to search my heart, what would he find there?

The Lord gives each man what his conduct and his actions deserve.

Does this bring me joy or sadness? Why?

Pray: Create in me a clean heart, O God, and put a new and right spirit within me. Do not cast me away from your presence, and do not take your Holy Spirit from me. Restore to me the joy of your salvation and sustain in me a willing spirit. Amen.

“Don't let your life be sterile. Be useful. Blaze a trail. Shine forth with the light of your faith and light up all the ways of the earth with the fire of Christ that you carry in your heart.”

St. Josemaria Escriva

LENT DAY 17 (01 Mar 2024)

(Friday of the 2nd week of Lent)

Read: Matthew 21:37-39

Finally he sent his son to them. „They will respect my son“ he said. But when the tenants saw the son, they said to each other, „This is the heir. Come on, let us kill him and take over his inheritance.“ So they seized him and threw him out of the vineyard and killed him.

A moment of silence to meditate on the Word of God

Reflect:

Why would the landowner send his son to the tenants after so many servants of his were killed by them?

After all that the landowner has done for the tenants, why would they kill his son? What does this tell you about the character of the tenants?

Like the landowner, God is persistent in reaching out to us, offering his even his only Son to us for the sake of our salvation. What is my response to him?

Pray: God our loving father, you never give up on me, even though so often I have taken you and what you have given me for granted. Grant me a grateful heart so that I may be thankful for all that you have sacrificed for my sake. Amen.

“Let us remember that love lives through sacrifice and is nourished by giving.

Without sacrifice, there is no love.”

St. Maximilian Kolbe

LENT DAY 18 (02 March 2024)

(Saturday of the 2nd week of Lent)

Read: Micah 7:18-19

What god can compare with you: taking fault away, pardoning crime, not cherishing anger for ever but delighting in showing mercy? Once more have pity on us, tread down our faults, to the bottom of the sea throw all our sins.

A moment of silence to meditate on the Word of God

Reflect:

God delights in forgiving and showing mercy. Does this give me confidence in asking for God's pardon and forgiveness? Why

Why is it difficult for me to forgive or show mercy? What can God do to help me forgive others?

Forgiveness does not change the past, but it does change the future.

When God forgives, he forgives completely. When I forgive, how do I forgive?

Pray: Heavenly Father, no words can express my gratitude for your mercy and forgiveness.

Let the power of your forgiveness touch my heart and permeate my being, so that I may be a channel of your mercy and love in this world especially to those whom I find difficult to forgive. Amen.

“Our sins are nothing but a grain of sand along the great mountain of the mercy of God.” St. John Vianney

LENT DAY 19 (03 March 2024)

(3rd Sunday of Lent)

Read: Exodus 3:7-8

And the Lord said, „I have seen the miserable state of my people in Egypt. I have heard their appeal to be free of their slave-drivers. Yes, I am well aware of their suffering. I mean to deliver them from the hands of the Egyptians and bring them up out of that land.

A moment of silence to meditate on the Word of God

Reflect:

Just as God knows the suffering of his people in Egypt, so too he knows the suffering that we go through in life. How does this make me feel?

Just as the people were enslaved by the Egyptians, so too we are enslaved by sin. What are the sins that I am currently struggling with? Am I able to conquer them?

God comes to deliver and free his people from bondage. How would God deliver me from sin? What is God willing to do for my freedom and

salvation?

Pray: Lord God, my deliverer and strength. In you alone I place my hope and trust. Give me the conviction and confidence in your power to deliver me from the bondage of sin and death so that I may experience your freedom and walk in the light of God. Amen.

“The greater your suffering, the greater God’s love for you.” St. Padre Pio

LENT DAY 20 (04 March 2024)

(Solemnity of the Annunciation of the Lord)

Read: Luke 1:28-31, 38

But the angel said to her, „Mary, do not be afraid; you have won God’s favor. Listen! You are to conceive and bear a son, and you must name him Jesus...” „I am the handmaid of the Lord” said Mary „let what you have said be done to me.”

A moment of silence to meditate on the Word of God

Reflect:

In spite of what the angel told her, Mary still said „yes” to God. How can I be like Mary and say „yes” to God in my life?

Mary said „yes”, and Jesus came into this world. By saying „yes” to God, Jesus comes into my life. Why do I need Jesus in my life?

Jesus is the center of Mary’s life; everything she does is because of him.

Is Jesus the center of my life?

Pray: Heavenly Father, you chose Mary to be the mother of Jesus. Help me to be generous to your call like Mary so that in saying „yes” to you, I too may bring Jesus into this world as the source of life and salvation.

Amen.

“If you ever feel distressed during your day, call upon our Lady. Just say this simple prayer: „Mary, mother of Jesus, please be a mother to me now”

I must admit: this prayer has never failed me.” St. Mother Teresa

LENT DAY 21 (05 March 2024)

(Tuesday of the 3rd week of Lent)

Read: Daniel 3:25, 40-42

Azariah stood in the heart of the fire, and he began to pray: May it be your will that we follow you wholeheartedly, since those who put their trust in you will not be disappointed. And now we put our whole heart into following you, into fearing you and seeking your face once more.

A moment of silence to meditate on the Word of God

Reflect:

The prayer of Azariah expresses his determination to follow God’s commandments even if it means suffering persecution. Do I have determination or perseverance like his?

Lent is a time when my faith will be tested. God can turn a mess into a message, a test into a testimony, a trial into triumph and a victim into a victory. Has my faith ever been tested?

Why should I put my trust in God rather than someone else?

Pray: God our Father, make our hearts burn with love of you so that we may follow you wholeheartedly. I put my trust in you, for only you can bring the best out of any situation. Let your will be done in my life always.

Amen.

“Do not let the past disturb you – just leave everything in the Sacred Heart and begin again with joy.” St. Mother Teresa

LENT DAY 22 (06 March 2024)

(Wednesday of the 3rd week of Lent)

Read: Deuteronomy 4:1,

Moses said to the people: „Now, Israel, take notice of the laws and customs that I teach you today, and observe them, that you may have life and may enter and take possession of the land that the Lord the God of your fathers is giving you.”

A moment of silence to meditate on the Word of God

Reflect:

Observing God’s law and commandments brings life and blessings to his people. Where do we find God’s law and commandments?

Lent is a time when we reevaluate our priorities by discovering the things that will bring me to heaven and the things that will not. Do I know my priorities in life?

That you may have life: God desires life for all his people. What kind of life does God desire for his people? How is this life different from the life the world is offering?

Pray: Lord Jesus, you have come that we may have life and have it to the full. You are the source of life. Help me to seek you with all my heart so that my life would find its fulfillment in your laws and commandments. Amen.

“Let nothing disturb you. Let nothing frighten you. All things are passing away. God never changes.” St. Teresa of Avila

LENT DAY 23 (07 March 2024)

(Thursday of the 3rd week of Lent)

Read: Luke 11:21-23

So long as a strong man fully armed guards his own palace, his goods are undisturbed; but when someone stronger than he is attacks and defeats him, the stronger man takes away all the weapons he relied on and shares out his spoil. „He who is not with me is against me; and he who does not gather with me scatters.”

A moment of silence to meditate on the Word of God

Reflect:

What are my weaknesses? What are my strengths? Where does my source of strength come from? What weakens me?

What happens when I am not with Jesus or independent from him?

When I am weak, I am strong because God gives me his strength. Where can I find God’s strength?

Pray: Faithful God, thank you for loving me at my worst and carrying me in my weakest. In you, I find new meaning and purpose and because of this, I can do all things with Christ who strengthens me. Help me to remain strong in faith, hope and love. Amen.

“Jesus remains faithful, even when we have done wrong, and he waits to forgive us: he is the face of the merciful Father. This is a faithful love.”

Pope Francis

LENT DAY 24 (08 March 2024)

(Friday of the 3rd week of Lent)

Read: Hosea 14:2

Israel, come back to the Lord your God; your iniquity was the cause of your downfall. Provide yourself with words and come back to the Lord – I will heal their disloyalty, I will love them with all my heart, for my anger has turned from them. I will fall like dew on Israel.

A moment of silence to meditate on the Word of God

Reflect:

Lent is a time when I come back to the Lord. He never grows tired of calling me home. What is keeping me from coming back to him?

Lent is a time of healing when God heals my disloyalty. When have I been

disloyal to the Lord? I will love them with all my heart: God loves us radically and totally. Do I love God with all my heart?

Pray: Merciful and gracious God, you never abandon us to our sinfulness even though we have forgotten you many times. Thank you for your love which heals our wounds and your faithfulness which restores our soul. Send your spirit to bring me home to you for I belong to you. Amen.

“Do not be afraid to throw yourself on the Lord! He will not draw back and let you fall. Put your worries aside and throw yourself on him; He will welcome you and heal you.” St. Augustine

LENT DAY 25 (09 March 2024)

(Saturday of the 3rd week of Lent)

Read: Luke 18:13-14

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 other did not. For everyone who exalts himself will be humbled, but the man who humbles himself will be exalted.”

A moment of silence to meditate on the Word of God

Reflect:

How did the tax collector pray? Where did he stand? What did he do?

What does that tell you about his character?

God, be merciful to me a sinner: this prayer of the tax collector tells me that he knew he was a sinner and that God is merciful. Do I acknowledge myself as a sinner before God?

What are some examples in Scriptures to illustrate the fact that Jesus was humble? Why is it difficult for me to be humble?

Pray: Lord Jesus, meek and humble of heart. Be merciful to me a sinner. Grant me the grace of repentance so that I may turn away from sin and return to you so that it is no longer I who live but Christ who lives in me. Amen.

“Humility, humility, and always humility. Satan fears and trembles before humble souls.” St. Padre Pio

LENT DAY 26 (10 March 2024)

(4th Sunday of Lent)

Read: 2 Corinthians 5:17

For anyone who is in Christ, there is a new creation; the old creation has gone, and now the new one is here. It is all God’s work. It was God who reconciled us to himself through Christ and gave us the work of handing on this reconciliation.

A moment of silence to meditate on the Word of God

Reflect:

What did Jesus have to do in order to make me into a new creation? Do I prefer the old life or the new life? Why?

What do I have to do in order to be a new creation in Christ and receive this new life in Christ? What should I do so that I grow in this new life?

It is all God’s work: our new life in Christ is lived in total dependence on God, a life of grace. What would my life be like if I lived in total dependence on God?

Pray: Almighty Father, thank you for making me a new creation in Christ. I am not defined by my failure or mistakes but by the power of your love. Give me a new heart, that I may love and desire what you love and desire. May I be always faithful to you. Amen.

“Above all the grace and the gifts that Christ gives to his beloved is that of overcoming self.” St. Francis of Assisi

LENT DAY 27 (11 March 2024)

(Monday of the 4th week of Lent)

Read: Isaiah 65:17-19

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 forever and ever for what I am creating, because I now create Jerusalem „Joy“ and her people „Gladness.“

A moment of silence to meditate on the Word of God

Reflect:

The past will not be remembered: Why would God say something like this? What does this tell me about who God is?

I am a new creation in Christ. My past mistakes are meant to guide me, not define me. I am forever loved by God. What do I want God to recreate or renew in my life?

The Lord comes to bring joy and gladness to my heart. Do I have joy and gladness in my life right now?

Pray: Loving God, you are the source of my joy and gladness. Thank you for creating me anew in the likeness of Jesus. I want to reflect his glory and goodness. Help me always to live in newness of life and walk in the confidence that I am chosen and loved by you forever. Amen.

“The important thing is not to think much but to love much and so do that which best stirs you to love. Love is not a great delight but desire to please God in everything.” St. Teresa of Avila

LENT DAY 28 (12 March 2024)

(Tuesday of the 4th week of Lent)

Read: John 5:6-9

Jesus saw him lying there and knew he had been in this condition for a long time, he said, „Do you want to be well again?“ „Sir,“ replied the sick man „I have no one to put me into the pool when the water is disturbed; and while I am still on the way, someone else gets there before me.“

Jesus said, „Get up, pick up your sleeping-mat and walk.“ The man was cured at once, and he picked up his mat and walked away.

A moment of silence to meditate on the Word of God

Reflect:

Lent is a time to get up and walk in the newness of life. What are the things that paralyze me? Jesus asks me the same question today, „Do you want to be well again?“ What is it that I want Jesus to heal in my life? Jesus healed with his word. He commanded and the paralytic was healed. Does the word of God have an important place in my life?

Pray: Lord, I am not worthy to receive you, but only say the word, my soul shall be healed. There is healing in your word. You know my condition and so I entrust all into your healing word. Let your will be done in my life. Amen.

“We are all sinners, but God heals us with an abundance of grace, mercy and tenderness.” Pope Francis

LENT DAY 29 (13 March 2024)

(Wednesday of the 4th week of Lent)

Read: Isaiah 49:14-15

For Zion was saying, „The Lord has abandoned me, the Lord has forgotten me.“ Does a woman forget her baby at the breast, or fail to cherish the son of her womb? Yet even if these forget, I will never forget you.

A moment of silence to meditate on the Word of God

Reflect:

„The Lord has abandoned me, the Lord has forgotten me.“ Why would the people of Israel think that the Lord has abandoned or forgotten them? Like Zion, have I ever said this before? Why would I think that God has abandoned or forgotten me?

God says, „I will never forget you.“ How does this word of God change our way of thinking?

God will never let us down because his love is unconditional. Is my love for God unconditional or conditional? What is the difference?

Pray: Heavenly Father, I love because you first loved me. I am sorry for ever thinking that you have abandoned or forgotten me. I repent from it. Fill me with your Spirit, that wherever I go, I may experience your abiding presence. Amen.

“To fall in love with God is the greatest romance; to seek him the greatest adventure; to find him, the greatest human achievement.”
St. Augustine

LENT DAY 30 (14 March 2024)

(Thursday of the 4th week of Lent)

Read: Exodus 32:7-8

The Lord spoke to Moses, „Go down now, because your people whom you brought out of Egypt has apostatized. They have been quick to leave the way I marked out for them; they have made themselves a calf of molten metal and have worshipped it and offered it sacrifice.

A moment of silence to meditate on the Word of God

Reflect:

God brought the people of Israel out of Egypt, but Egypt was still in their hearts; they went back to the life of idolatry. Is there anything or anyone that I placed above God in my life?

Even though God hates sin, but he loves the sinner. When I know that I have wandered away from God, what is it that I should do?

A saint is a sinner who keeps on trying.

What should I do when I am discouraged and tempted to give up?

Pray: God of mercy and love, thank you for your willingness to reach out and bring me back to you for my heart is restless until its rests in you.

Conform my heart and mind to your will, that I may rise from my failures and stand on your faithfulness for you are Lord of my life. Amen. “When God forgives a sinner who humbly confesses his sin, the devil loses dominion over the heart that he had taken.”

LENT DAY 31 (15 Mar 2024)

(Friday of the 4th week of Lent)

Read: John 7:28-29

Then, as Jesus taught in the Temple, he cried out: „Yes, you know me and you know where I came from. Yet I have not come of myself: no, there is one who sent me and I really come from him, and you do not know him, but I know him because I have come from him and it was he who sent me.”

A moment of silence to meditate on the Word of God

Reflect:

Jesus came into the world to show us who he is. Do I know Jesus personally or do I merely know about him? What is the difference?

Ignorance of Scripture is ignorance of Christ. And so, how can I know who Jesus is? How would this knowledge of who Jesus is change my life?

Why did Jesus come into the world? Who is the one who sent him?

Pray: Lord Jesus, to know you is to love you and to love you is to know

you. Send your Holy Spirit to enlighten my mind and touch my heart so that I may know and love you with all my heart, soul, mind and strength. Amen.

“Grant me, O Lord my God, a mind to know you, a heart to seek you, wisdom to find you, conduct pleasing to you, faithful perseverance in waiting for you, and a hope of finally embracing you.” St. Thomas Aquinas

LENT DAY 32 (16 Mar 2024)

(Saturday of the 4th week of Lent)

Read: Jeremiah 11:20

But you, the Lord of Hosts, who pronounce a just sentence, who probe the loins and heart, let me see the vengeance you will take on them, for I have committed my cause to you.

A moment of silence to meditate on the Word of God

Reflect:

For Jeremiah, God is just and looks at the heart of everyone. If the Lord were to look at my heart right now, what would he find?

Why am I tempted to take revenge towards those who have wronged me? For Jeremiah, vengeance is God's, not his. What can I learn from Jeremiah's attitude towards the bad things that happened to him?

I have committed my cause to you: here, Jeremiah placed his trust in the will of God. Do I have

enough faith to commit my cause to God? What hinders me from letting go and trusting God completely?

Pray: Gracious God, there are many things happening in my life that I don't understand but I know that you do. Help me to commit my cause to you for you are just in all that you do and you know what is best for me. Amen.

“Cast yourself into the arms of God and be very sure that if he wants anything of you, he will fit you for the work and give you strength.”

St. Philip Neri

LENT DAY 33 (17 Mar 2024)

(5th Sunday of Lent)

Read: Philippians 3:13-14

I am far from thinking that I have already won. All I can say is that I forget the past and I strain ahead for what is still to come; I am racing for the finish, for the prize to which God calls us upwards to receive in Christ Jesus.

A moment of silence to meditate on the Word of God

Reflect:

What is the prize or the goal that St. Paul is talking about here? When will he receive this prize? What is the difference between this prize and the prize that the world offers?

The key to the success of St. Paul: I forget the past and I strain ahead: Can I do this in my life? Is it difficult for me to forget the past? Why? What happens when I cannot let go of the past? How would it have an effect on my future?

Pray: Lord Jesus, in all the obstacles that I face in life, give me the grace of perseverance and determination so that I may run this race and win the prize of eternal life. May I trust the past to your mercy, the present to your love and the future to your providence. Amen.

“Holiness consists simply in doing God's will and being just what God wants us to be.”

St. Therese of Lisieux

LENT DAY 34 (18 Mar 2024)

(Monday of the 5th week of Lent)

Read: John 8:12

Jesus said to the Pharisees: „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.“

A moment of silence to meditate on the Word of God

Reflect:

What happens to the mind and heart that is darkened by sin? If I walk in the dark, can I find Jesus? Why not?

Where there is light, there is no darkness. I need the light of Christ to enlighten me. How can I receive the light of Christ? What can the light of Christ do in my life?

It is in my darkest moment that I must focus to see the light. Lent is a time when I examine my life under the light of Christ. Have I done my preparation before my Lenten confession?

Pray: Lord Jesus, light of the world. Shine in my heart and dispel the darkness deep inside. May your light so permeate my life so that I may be a reflection of your image and likeness. Help me not to be afraid, but to walk always in the light of your truth with courage and faith. Amen.

“I plead with you – never, ever give up on hope, never doubt, never tire, and never become discouraged. Be not afraid.” Pope John Paul II

LENT DAY 35 (19 Mar 2024)

(Tuesday of the 5th week of Lent)

Read: John 8:28-29

„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; he who sent me is with me, and has not left me to myself, for I always do what pleases him.“

A moment of silence to meditate on the Word of God

Reflect:

He who sent me is with me: in everything that Jesus does, the Father is with him. How does this help me in my own problems and difficulties?

Jesus lived a life of humble obedience to the will of the Father. How can I put this into practice?

Jesus always does what pleases the Father. What displeases the Father? How can I please the Father in my daily life?

Pray: God our Father, you are always with me, even when I am not aware of your abiding presence. You constantly guide and protect me in your loving care. I need your guidance and strength so that my thoughts, words and deeds; yes, even my whole life may be an offering pleasing to you. Amen.

“Be who God meant you to be and you will set the world on fire.” St. Catherine of Siena

LENT DAY 36 (20 Mar 2024)

(Wednesday of the 5th week of Lent)

Read: John 8:31-32, 34-36

Jesus said, „If you make my word your home, you will indeed be my disciples, you will learn the truth and the truth will set you free...I tell you solemnly, everyone who commits sin is a slave. So if the Son makes you free, you will be free indeed.“

A moment of silence to meditate on the Word of God

Reflect:

Lent is a time when I renew my discipleship with Jesus. According to the words of Jesus today, how can truly I become his disciples?

Jesus is the way, truth and life. Where can I discover the truth of Christ?

Why is this truth important for me?

Sin enslaves us but Jesus set us free. What areas in my life do I need Jesus to set me free?

Pray: Lord Jesus, I find true freedom in you. Help me to rely not on my own strength and power but on your grace and mercy. Send your Spirit to guide me so that I may be transformed by your truth and live according to your word. Amen.

“Do not be afraid to be saints. Follow Jesus Christ who is the source of freedom and light. Be open to the Lord so that he may lighten all your ways.” Pope John Paul II

LENT DAY 37 (21 Mar 2024)

(Thursday of the 5th week of Lent)

Read: Genesis 17:7

I will establish my Covenant between myself and you, and your descendants after you, generation after generation, a Covenant in perpetuity, to be your God and the God of your descendants after you.

A moment of silence to meditate on the Word of God

Reflect:

Why would God make covenant with his people? What are the benefits or the blessing of this covenant?

What is the difference between covenant and contract? Do I have a contractual relationship with God or do I have a covenantal relationship with God?

The new and eternal covenant was made through Jesus and it was sealed in his blood. Why would this covenant be the greatest of all the other covenants?

Pray: Loving Father, I thank you for all the covenants you have made with your people, especially the covenant made through the blood of Jesus. Give me a steadfast faith and unwavering hope so that I may be faithful in this covenant with you. Amen.

“The happiness you are seeking, the happiness you have a right to enjoy, has a name and a face: it is Jesus of Nazareth.” Pope Benedict XVI

LENT DAY 38 (22 Mar 2024)

(Friday of the 5th week of Lent)

Read: John 10:37-38

Jesus said, „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.”

A moment of silence to meditate on the Word of God

Reflect:

When I pray, God listens. When I listen, God talks. When I believe, God works. What can I do to have a deeper faith, trust and belief in God?

Jesus is always in communion with the Father. How can I be in communion with the Father and Jesus? Why is this communion important?

Jesus came to do the will of the Father. What is the work that the Father has sent Jesus to do in this world? What is the work that God has sent me to do in this world?

Pray: Lord Jesus Christ, you never cease to carry out the will of the Father. Help me to dedicate my life on this earth to do what God wants me to do so that my life will have true purpose and meaning. Give me the strength so that I can do all things with great love. Amen.

“Not all of us can do great things. But we can do small things with great love.” Mother Teresa

LENT DAY 39 (23 Mar 2024)

(Saturday of the 5th week of Lent)

Read: Ezekiel 37:26-27

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

A moment of silence to meditate on the Word of God

Reflect:

Covenant entails lifelong commitment. Am I aware of the covenant that God has made with me? What are the things that I must carry out in this covenantal relationship?

The eternal covenant in Ezekiel is fulfilled in Jesus whose blood ratifies the new and eternal covenant. Which part of mass do we find the words, „eternal covenant“?

“I will be their God, they shall be my people”: God gives us a sense of belonging. What is the benefit of belonging to God?

Pray: Lord Jesus, you came and established the new and eternal covenant in your blood. By your blood, I am marked as God’s precious child. Give me the courage and strength to live in this world as your child and may I honour the covenant you made with me by lives of service and humility. Amen.

“God loves each of us as if there were only one of us.” St. Augustine

LENT DAY 40 (24 Mar 2024)

(Palm Sunday)

Read: Philippians 2:6-7

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

A moment of silence to meditate on the Word of God

Reflect:

When we look at Jesus nailed to the cross, what do we see and how do we feel?

Imagine the pain and suffering that Jesus had to endure while nailed to the cross. Why would Jesus empty himself and accept death on a cross? We begin Holy Week today. Jesus invites me to accompany him on the way of the cross. What is my answer to him?

Pray: We adore you O Christ and we praise you because by your holy cross, you have redeemed the world. Help me to be faithful to you so that I may always glory in your cross, which is the source of my life and salvation. Amen.

“There is no evil to be faced that Christ does not face with us. There is no enemy that Christ has not already conquered. There is no cross to bear that Christ has not already borne for us, and does not now bear with us.” Pope John Paul II