

Lenten Meditations 2021

Lord, open my lips and my mouth shall declare Your praise

Ash Wednesday, February 17

Joel 2:12-18

Help us Lord to begin with holy fasting so that as we take up battle against spiritual evils, we may be armed with weapons of self-restraint fueled by our focus on You. By this sacrifice may we be prepared to celebrate the death and resurrection of Christ our Savior and be cleansed from sin and renewed in spirit. We pray that this Lenten season will make us much more aware of how much we need Your healing in our lives.

Thursday, February 18

Deuteronomy 30:15-20

Lord, let everything we do this day come from You--be inspired by You. We long to be closer to You. Help us to remember that nothing is important in our lives unless it glorifies You in some way. Heal us, Lord and help us to find You in the darkness of our lives. Let us reach out in this darkness and feel Your hand and love there to guide us.

Friday, February 19

Isaiah 58:1-9a

Show gracious favor, O Lord to the works of penance we have begun that we have strength to accomplish with sincerity what we have undertaken. We remember how much You love us. We are weak, but we know with Your help, we can use these small sacrifices to draw closer to You.

Saturday, February 20

Isaiah 58:9b-14

Ever loving God, look with compassion on our weakness by stretching forth Your right hand of mercy. Help us keep our bodies and minds pure as temples of the Holy Spirit. We are not asking to overcome weakness but to use it in some way to glorify You. Let us be in tune to the many ways You reach out to help us today and may we stand in awe of Your power.

Sunday, February 21

Psalm 51:3-4,5-6,12-13,17

Giving praise to our loving Redeemer, who gained for us this season of grace. Lord, You have brought blessings to all humankind; bring us to share Your concern for the good of all. Draw out of us the light and life You created. We desire nothing less than God's re-creating us—breathing new life into us.

Monday, February 22

Leviticus 19:1-2,11-18; Psalm 19:8-10

Compassionate God, bring us back to You. We know that the confusion that surrounds us can fill us. That is not our desire. We need the gift of Holy Wisdom. We feel Your call for us deep in our hearts and we know You want us back as much as we want to return. Direct us on how to return.

Tuesday, February 23

Psalm 34:4-7;17-19

Help us grow in our desire for You. We are learning the intimate connection between the discipline we choose and the growth of our desire. You care for us as a loving parent. Fan the flame of our desire to draw ever closer to You. Guide us to seek Your love.

Wednesday, February 24

Psalm 51:3-4, 12-13, 18-19

Look kindly on us, Lord. We know that spiritual renewal won't come easy. But we know that all we will ultimately be able to do will come from God's inspiration—as a gift. We know You receive what is in our hearts. Let us be inspired by Your words and by the actions of your Son, Jesus.

Thursday, February 25

Psalms 138:1-2; Matthew 7:7-12

Bestow on us a spirit of always pondering what is right and of hastening to carry it out. Help us to be eager in doing your will. Let Your word be a lamp to guide us—that we may live the truth and grow always in Your love.

Friday, February 26

Psalm 130

Teacher and Savior, You have shown us Your faithfulness and made us a new creation by Your passion. Creator of our lives, renew us and bring us to new life in You. Master our rebellious hearts and teach us generosity. Grant us this with the ever-present guidance of Your Spirit.

Saturday, February 27

Deuteronomy 26:16-19

Turn our hearts to You, eternal Father, and grant that in always seeking the one thing necessary to carry out Your will, we may be dedicated to Your worship. Help us Lord to gaze upon You in trust and seek Your kingdom with all our heart. Soften our hardened hearts so that we might love others as a way to glorify and worship You.

Sunday, February 28

Daniel 9:4b-10

O God, You have commanded us to listen to You. We need Your help in hearing and absorbing. We ask for the "gift of integrity", that we may be made whole. Create in us a new spirit. Lead us out of darkness; we place our hands in Yours. Lead us out of the shadow of fear.

Monday, March 1

Psalm 79:8,9, 11, 13

God of power and mercy, give us the spirit of prayer and repentance with burning love for You and all humankind. Help us to work with You in making all things new in Christ. Teach us the meaning and value of creation so that we may join its voice to ours as we sing Your praise.

Tuesday, March 2

Matthew 12:1-12

You promise us to show Your saving power to the upright. Guard us against hypocrisy as we grow in our desire. When we speak and profess Your covenant may it begin with our minds and hearts and progress to our mouths and entire being. With Your unfailing help we will be enabled to demonstrate Your saving power.

Wednesday, March 3

Psalms 31:5-6, 14-16

Gracious God, free us from the temptation to judge others; to place ourselves above others. Help us to receive good things from Your bounty with a deep sense of gratitude and to accept with patience the evil that comes to us. We want to follow You by giving You our lives. Lord, give us Your Holy Spirit.

Thursday, March 4

Psalms 1:1-4, 6

O God, direct the hearts of Your servants to Yourself, that caught up in the fire of Your Spirit, we may be found steadfast in faith and effective in works. We hear Your invitation, "Come back to Me". Our ultimate desire is to know Your love in our lives today.

Friday, March 5

Luke 14:15-24

Purify us, almighty God purify us through our practice of penance and lead us in sincerity of heart to receive the holy things to come. We are children who so often turn our backs on Your love. Let us remember the feast You have prepared for us in the resurrection.

Saturday, March 6

Psalms 103:1-4, 9-12

God whose love has no boundaries, You shower us with limitless gifts. In every thought and action today guide us to the light of Your kingdom. Help us to be aware of the many ways You allow me to share in Your life so intimately today. Let me be grateful every moment.

Sunday, March 7

Exodus 17:3-7

God, thank You for the awareness of the struggle within us; for our conscience that keeps us bowed in submission. Thank You for Your mercy through it all. We turn to You God, that we might not be discouraged. Knowing Your love and compassion will give us confidence in our weakness. We will continue and await with great expectation what You have for us.

Monday, March 8

Luke 4:24-30

We cannot be saved without You. We cannot do this alone. We need the increase of faith to grow. Jesus was not accepted by those who saw Him as all too human. And, He was not able to act with power in their lives. Help us to see the Prophetic One in our midst. Help us find a greater intimacy with the only One who can save us.

Tuesday, March 9

Psalms 25:4-9

O God, as we undertake this journey help us to remember that distance from You is harder than intimacy in Your presence. May Your grace continue to keep us in obedience. Continue to mold our hearts to receive Your word that we may bring forth fruit in patience. Make us eager to work with You in building a better world, so that it may listen to Your gospel of peace.

Wednesday, March 10

Deuteronomy 4:1, 5-9

O God, we yield to be made one in love and prayer. We recognize that the instruction about faithfulness gives us armor to withstand temptation. Help us to reflect upon what it is that divides us and what we might do to let the Spirit of Unity draw us together.

Thursday, March 11

2 Samuel 7:5-11b

We are at the halfway point in our Lenten journey today. There is so much yet to learn, examine, heal and renew. We focus today on God's movement to build His temple in each one of us. As the physical temple our church building is nearing completion let us work toward preparation as new creations in Jesus. Teach us to be faithful in seeking Your good for Your sake so light may shine on the whole human family.

Friday, March 12

Hosea 14:2-10

Pour Your grace into our hearts, Lord, that we may be constantly drawn away from our selfish desires. By Your heavenly teaching, we want obedience to be our byword. Through Your love we can master our sinfulness and conquer our pride. We deny ourselves today and not deny those in need.

Saturday, March 13

Luke 18:9-14

The heaviness we may experience is our weakness even while we want to give it to You. We desire the burden that Your love gives us. We remember Jesus' desire that we love one another as we are loved. Help us to continue practicing ways to be freer to open our hearts and give ourselves as we trust You.

Sunday, March 14

Ephesians 5:8-14

Lord, we feel the pace quicken and the time draws near. We are expecting the desires of our hearts to be ever closer to Yours. We have been saved by our Lord Jesus, the Christ. This is consoling for it is not the work we do that saves us; it is Your transforming love—in the midst of our darkness. Lift us up into new life with You.

Monday, March 15

John 4:43-54

O God, You renew the world through mysteries beyond all telling. The acts of power that Jesus works are the “signs” that help us see who You are. Forgive us for failing to see Christ in the afflicted, the distressed and the troublesome. Help us to reverence Jesus in their persons. You offer new life through You Son.

Tuesday, March 16

Psalms 46:2-3, 5-6, 7-9

The “forces” that are opposed to the gospel have everything to do with the forces at work in my heart. As we grow in love and compassion for what Jesus is facing for us, we ask to be prepared to embrace Jesus’ way, Jesus, His path, the pattern of His dying and rising. No matter the circumstances, we who are thirsty and hungry can come and drink and eat with joy.

Wednesday, March 17

Isaiah 7:10-14, 8-10

O God, help us not to falter like King Ahaz. Let all that You have done for us be a reminder that the true salvation comes from You. There is no other route. We do not tempt You when asking You for Your desire. We give thanks to You because through the power of the Spirit You purify our hearts and strengthen us in love. We humbly ask, Lord, give us Your Holy Spirit.

Thursday, March 18

Psalms 106:19-23

Let us not get weary, or lose our way. Let us remain humble in the realization that we will always be in need. Help us to be aware of the patterns of our sin and to know that we are still realigning our priorities. We are still asking for a change of heart. Therefore, we seek You Lord and Your strength. So that even in our weakness Your love and light will shine from within us.

Friday, March 19

Psalm 34:17-22

Lord, You have prepared for us what fits our every weakness. We reach out with joy to grasp Your hand. We keep acknowledging that You are the source of our life. We rejoice that our hearts are being opened up to the depths they can withstand. When we cry out to God for help, we are not discouraged. Thank You for Your mercy and Your grace.

Saturday, March 20

John 7:40-53

O God, help us to remember how Jesus lived in conflict. As we turn to God for mercy let us remember what Jesus went through for us. All so we might have the gift of everlasting life. No snares, no ropes from hell can keep us from calling upon the Lord and knowing God will hear our voices.

Sunday, March 21

Ezekiel 27:12-14

In this last week before Holy Week, it seems there is so much left to do, to ask for, to be open to, to surrender, to change. Because Jesus is the resurrection and the life, we have faith that these dry bones will live. Give us courage to continue this journey.

Monday, March 22

Psalm 23

O God grant us the means to pass from former ways to newness of life. Shine into the deepest darkest corners of our soul, revealing the most -un-loving parts of our hearts. You know what we need to prepare for Your kingdom. Forgive us and heal us.

Tuesday, March 23

Numbers 21:4-9

Help us to remember that You healed and protected Your people during their journey of liberation in the desert. O loving God, You have heard our complaints and impatience. Sometimes we become frightened and we move away from You. Guide our hearts back to You. Help us to think beyond our wants and to desire only to do Your will.

Wednesday, March 24

John 8:34-36

Dear Lord, enlighten our minds and sanctify our hearts. In Your kindness grant those You stir to a sense of devotion and a gracious hearing when they cry out to You. We wish to be rid of that which weighs us and prevents us from seeking You with our whole heart.

Thursday, March 25

Psalms 105:4-9

As the Mediator of a new covenant, Lord, we believe that those who are called may receive the eternal inheritance You promised. We rejoice and give You praise. We live by Your Word...that lamp that guides us.

Friday, March 26

Psalms 18:2-7

As we approach the final week it is our desire to be more focused and more intense. Our reflection brings us into the awareness that our selfishness has placed us in ruts and made us slaves to sinful patterns. We also know that the celebration of our freedom and healing is close at hand. We are so grateful.

Saturday, March 27

Ezekiel 31:11-13

O God, You pronounced those reborn in Christ a chosen race and a royal priesthood. We offer ourselves in service to You. We need not fear because Your eternal watchfulness keeps us in Your protection. We are filled with great joy when we experience Your endless love. Thank You Lord for Your wonderful gift of mercy.

Palm Sunday, March 28

John 12:23-26

When we wave the palm branches let us remember our Lord's entry into the city of our salvation. Blessed is Jesus who comes to us from God our Father. Hosanna to You, Son of David. Hosanna to You victor over death and the powers of darkness. Hosanna to the Savior of humankind.

Monday, March 29

Daniel 3:52-56

Jesus is about to face a fiery furnace which represents the full rejection of all our sins and the crushing defeat of death itself. Help us grow in a sense of repentance and deep sorrow. Help us to grow in a desire to celebrate Your glorious Light in the midst of darkness.

Tuesday, March 30

Isaiah 49:1-6

We want to experience the pain of Jesus' knowing that He will be betrayed and denied. Through it all He will face the hour of His glory. Thank you, God for You promised that where You go, we will surely follow.

Wednesday, March 31

Isaiah 50:4-9a

How do we “celebrate” the passion and death of Jesus? We may be inclined to look the other way and not watch--not stay with Jesus in His suffering. Give us the strength to see His love with honesty and compassion and to feel deeply Your forgiveness and mercy for me. We want to bring our weaknesses and imperfections with us and we journey with Jesus this week.

Holy Thursday, April 1

John 13:1-15

Dear Lord, You gave us an example to imitate. Gather us together in the upper room with Your Son, our Brother. Jesus showed us that loving one another is the heart of His gift; His sacrifice. Help us to find the source of our hearts, the meaning for our lives and to love unconditionally.

Good Friday, April 2

Isaiah 52:13-14; 53:12

Christ our teacher, for our sake You were obedient even to accepting death—teach us to obey the Father’s will in all things. Christ our life, by Your death on the cross You destroyed the power of evil and death—may we die with You, to rise with You in glory. Christ our King, You became an outcast among us, a worm, not human—teach us the humility by which You saved the world. Christ our salvation, You gave Yourself up to death out of love for us—help us to show Your love to one another. Christ our Savior, on the cross You embraced all time with Your outstretched arms—unite God’s scattered children in Your kingdom of salvation.

Holy Saturday, April 3

Today we think about Jesus lying in the tomb, dead just as we will be one day. We often fear death and its approach can hold great power over our lives. This fear is responsible for so much of our lust and greed, so much of our denial and arrogance, so much of our silly clinging to power, so much of our hectic and anxiety-driven activity. Death need not be such a mystery. The gospel reveals this inevitability as a source of great joy. Through Jesus’ death we are saved from the ultimate power of sin. We can rejoice. Tomorrow we celebrate the empty tomb. That is the Good News. As a result of the forever empty tomb our lives will not really end; rather they will be transformed. Jesus lives; therefore, we will live! Hallelujah!!!! Our

reflection today and our anticipation of celebrating the gift of life tomorrow, can bring immense peace and joy, powerful freedom and vitality to our lives. For if we truly believe that death holds no true power over us, we can walk each day in the grace being offered us - to give our lives away in love.

(Adapted from Praying Lent, an online Ministry of Creighton University)