

5TH WEEK OF LENT (violet)

Father: By your help, we beseech you, Lord our God, may we walk eagerly in that same charity with which, out of love for the world, your Son handed himself over to death. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. **Amen.**

Gospel Year A: The Raising of Lazarus, John 11:1-45

Gospel Year B: Jesus Predicts His Death, John 12:20-33

Gospel Year C: Woman Caught in Adultery, John 8:1-11

PALM SUNDAY OF THE PASSION OF THE LORD

(red)

Father: Almighty ever-living God, who as an example of humility for the human race to follow caused our Savior to take flesh and submit to the Cross, graciously grant that we may heed his lesson of patient suffering and so merit a share in his Resurrection. Who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. **Amen.**

Gospel Year A: The Passion according to Matthew 26:14--27:66

Gospel Year B: The Passion according to Mark 14:1-15:47

Gospel Year C: The Passion according to Luke 22:14-23:56

Parce, Domine:

*Parce Domine, parce populo tuo:
ne in aeternum irascaris nobis.*

Spare us, O Lord, O spare us, thy people:
and let not thy wrath be upon us ever.

Attende Domine:

Attende Domine, et Miserere, quia peccavimus tibi.

O Lord, incline Thine ear and show Thy mercy,
for we have sinned against Thee.

LENT Mealtime Prayers



Compiled by
Jennifer Gregory Miller

Although there is no tradition in for Lent similar to the Advent wreath, special prayers and candles (perhaps in the liturgical color of violet) could be the center for mealtime prayers in Lent. In the past our family has saved part of the Christmas tree trunk and made a cross with 6 spots for candles to light during Lent.

There are 6 weeks of Lent, including Palm Sunday of the Passion of the Lord, and then the beginning 4 days of Lent, Ash Wednesday to Saturday. Separate prayers will be used during the Holy Triduum which begins the evening of Holy Thursday.

The following prayers consist of the Collects (or Opening Mass prayers) of Ash Wednesday and Sundays of Lent. The references for the Gospel readings are also included. The Meal Prayer Ceremony could consist of lighting the candle(s), reading an excerpt from the Gospel, praying the Collect and then the Blessing Before Meals. During the actual lighting of the candle or at the end of the prayers, a short Lenten chant could be sung, such as *Parce Domine* or the refrain of *Attende Domine*.

Lenten Mealtimes Prayers

ASH WEDNESDAY TO SATURDAY AFTER THE ASHES: (violet)

Father: Grant, O Lord, that we may begin with holy fasting this campaign of Christian service, so that, as we take up battle against spiritual evils, we may be armed with weapons of self-restraint. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Gospel: Matthew 6:1-6, 16-18

1ST WEEK OF LENT (violet)

Father: Grant, almighty God, through the yearly observances of holy Lent, that we may grow in understanding of the riches hidden in Christ and by worthy conduct pursue their effects. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Gospel Year A: Temptation of Christ, Matthew 4:1-11

Gospel Year B: Temptation of Christ, Mark 1:12-15

Gospel Year C: Temptation of Christ, Luke 4:1-13

2ND WEEK OF LENT (violet)

Father: O God, who have commanded us to listen to your beloved Son, be pleased, we pray, to nourish us inwardly by your word, that, with spiritual sight made pure, we may rejoice to behold your glory.

Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Gospel Year A: The Transfiguration, Matthew 17:1-9

Gospel Year B: The Transfiguration, Mark 9:2-10

Gospel Year C: The Transfiguration, Luke 9:28b-26

3RD WEEK OF LENT (violet)

Father: O God, author of every mercy and of all goodness, who in fasting, prayer and almsgiving have shown us a remedy for sin, look graciously on this confession of our lowliness, that we, who are bowed down by our conscience, may always be lifted up by your mercy. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Gospel Year A: The Woman at the Well, John 4:5-52

Gospel Year B: Jesus Cleanses the Temple, John 2:13-25

Gospel Year C: Call to Repentance, Parable of Barren Fig, Luke 13:1-9

4TH WEEK OF LENT, LAETARE SUNDAY (rose)

Father: O God, who through your Word reconcile the human race to yourself in a wonderful way, grant, we pray, that with prompt devotion and eager faith the Christian people may hasten toward the solemn celebrations to come. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Gospel Year A: Man Born Blind, John 9:1-41

Gospel Year B: The Son of Man Must Be Lifted Up, John 3:14-21

Gospel Year C: The Parable of the Prodigal Son, Luke 15:1-3, 11-32