

# DAILY LENTEN PRAYERS

## LENTEN PERSONAL DEVOTIONS

In the name of the Father, Son and Holy Spirit.  
Heavenly King, Comforter, the Spirit of truth.  
Everywhere present and filling all things, Treasury of blessings and the Giver of Life, come and dwell in us; cleanse us of every sin, and save our souls, Gracious One.

### A PRAYER IN TIME OF TROUBLE

O God, our help and assistance, who art just and merciful, and who hears the supplications of Your people; look down upon us and have mercy upon us, and deliver us from this trouble that besets us, for we are the work of Your hands, and You know our weaknesses. Grant us, we beseech You, Your divine helping grace, and endow us with patience and strength to endure our tribulations with complete submission to Your Will, You know our misery and suffering and to You, our hope and refuge, we pray for relief and comfort; trusting to Your infinite love and compassion, that in due time, when You know best, You will deliver us from this trouble, and turn our distress into comfort, when we shall rejoice in Your mercy, and exalt and praise Your Holy Name, O Father, Son, and Holy Spirit: now and ever, and unto ages of ages. Amen

### LENTEN PRAYER OF SAINT EPHRAIM

O Lord and Master of my life! Take from me the spirit of sloth, faintheartedness, love of power, and idle talk. *(cross yourself and make a prostration)*

But give rather the spirit of chastity, humility, patience, and love to Your servant.  
*(cross yourself and make a prostration)*

Yes, O Lord and King! Grant me to see my own errors and not to judge my brothers and sisters. For You are blessed to ages of ages. Amen.  
*(cross yourself and make a prostration)*

## PRAYER OF RENEWAL

Let the pure light of Your love shine in my heart, O Lord. I bring to You my prayer. Help me renew my life in You.

As I contemplate Your Sacrifice on the Cross, let me strive to be worthy. As I look to Your glorious Resurrection, let it be a resurrection of myself. Let the purity in my soul re-awaken my own spiritual joy. Let me remember all You ask Your children to do and be. Help me in that realization as I prepare myself to receive You.

Forgive me my sins. Where there is hate in my heart, help me to put love. Where I have lived for myself, help me to experience the joy of feeling and giving to others.

When I have offended You, or any of my brothers and sisters, either through intent or neglect, let me remember that forgiveness is from You, and repentance my key to Your salvation.

Let Your Cross be the symbol of Your presence in my life. Let Your Resurrection be my hope and joy. Help me O Lord, to overcome, and to sustain myself in the time You have given me. Help me in prayer, in fasting, and in renewal. Help me O Lord, for I am Yours.

Through the Prayers of our Holy Fathers, Lord Jesus Christ, have mercy on us and save us.

