

My Lenten Prayer Journal

LENT 2021

A SPIRITUAL JOURNEY FROM
ASH WEDNESDAY TO EASTER SUNDAY

ASCENSION *Families*

JOYFULLY PROCLAIMING, CELEBRATING, WITNESSING, AND SERVING CHRIST *Together*

Lenten Prayer Journal:

Why, Who, Where, When, What, and Where'd that verse come from?

WHY:

It is common practice to “giving up” something for Lent. However, sometimes “adding on” something can be a more beneficial Lenten resolution. This Lent, encourage your child to “add on” the spiritual practice of daily prayer.

WHO:

Children are overwhelmingly capable of prayer and existential thought, particularly when given time, quiet space, and simple prayer materials.

WHERE:

Try setting up a quiet prayer space for your children. The place does not need to be elaborate, but it does need to be a dedicated space that is separate from the commotion of your family life. Prepare your child’s prayer space with colored pencils, regular lead pencils, a hard surface for writing, and a battery operated candle (optional). You may wish to add a few other personal effects to the prayer space (i.e. a crucifix, statue of a favorite saint, rosary, or prayer book), BUT resist the urge to overdo it! These items can easily distract from prayer — simple is best.

WHEN:

Find a regular prayer time that works for your child and try to be consistent in offering quiet time to pray. For some kids this might work well just before bedtime — having a dual effect of calming your child while encouraging a longer prayer time (i.e. there is no benefit to rush through prayer with bedtime immediately following!). Life will happen and you will inevitably miss a few days here and there — resist to urge to “make up” missed days. Prayer is not a school assignment!

WHAT:

Invite your child to quiet prayer through reflective writing or coloring. Note the theme verse at the top of each page and the psalm at the bottom of each page. These verses sometimes repeat — the repetitions are not mistakes, but intended to help the words sink deep into hearts. Some days the verses might resonate with your children; other days they might not. Don’t force it! Some of your child’s prayer reflections may flow directly from the Bible verses, other days they might be completely unrelated. Allow your child to pray in the way that best suits them!

WHERE’D THAT VERSE COME FROM?

The Bible verses written at the top of each page are the daily Gospel acclamation verses (the short verse sung or read at Mass before the Gospel passage). The small verse at the bottom of each page is the refrain from the daily Responsorial Psalm.

WEDNESDAY 2|17|2021

Ash Wednesday

*If today you hear his voice,
harden not your hearts.*

Ps 95:8

BE MERCIFUL, O LORD, FOR WE HAVE SINNED.

THURSDAY 2 | 18 | 2021

*Repent, says the Lord;
the Kingdom of heaven is at hand.*

MT 4:17

BLESSED ARE THEY WHO HOPE IN THE LORD.

FRIDAY 2 | 19 | 2021

*Seek good and not evil so that you may live,
and the Lord will be with you.*

AM. 5:14

A HEART CONTRITE AND HUMBLED, O GOD, YOU WILL NOT SPURN.

SATURDAY 2|20|2021

*I take no pleasure in the death of the wicked man, says the Lord,
but rather in his conversion, that he may live.*

Ez 33:11

TEACH ME YOUR WAY, O LORD, THAT I MAY WALK IN YOUR TRUTH.

SUNDAY 2|21|2021
First Sunday of Lent

*One does not live on bread alone,
but on every word that comes forth from the mouth of God.*

MT 4:4B

YOUR WAYS, O LORD, ARE LOVE AND TRUTH TO THOSE WHO KEEP YOUR COVENANT.

MONDAY 2 | 22 | 2021

Feast of the Chair of Saint Peter

*You are Peter, and upon this rock I will build my Church;
the gates of the netherworld shall not prevail against it.*

MT 16:18

THE LORD IS MY SHEPHERD; THERE IS NOTHING I SHALL WANT.

TUESDAY 2 | 23 | 2021

*One does not live on bread alone,
but on every word that comes forth from the mouth of God.*

MT 4:4B

FROM ALL THEIR DISTRESS GOD RESCUES THE JUST.

WEDNESDAY 2|24|2021

*Even now, says the Lord, return to me with your whole heart
for I am gracious and merciful.*

JL 2:12-13

A HEART CONTRITE AND HUMBLED, O GOD, YOU WILL NOT SPURN.

THURSDAY 2|25|2021

*A clean heart create for me, O God;
give me back the joy of your salvation.*

PS 51:12A, 14A

LORD, ON THE DAY I CALLED FOR HELP, YOU ANSWERED ME.

FRIDAY 2 | 26 | 2021

*Cast away from you all the crimes you have committed, says the Lord,
and make for yourselves a new heart and a new spirit.*

Ez 18:31

IF YOU, O LORD, MARK INIQUITIES, WHO CAN STAND?

SATURDAY 2|27|2021

*Behold, now is a very acceptable time;
behold, now is the day of salvation.*

2 COR 6:2B

BLESSED ARE THEY WHO FOLLOW THE LAW OF THE LORD!

SUNDAY 2|28|2021
Second Sunday of Lent

*From the shining cloud the Father's voice is heard:
This is my beloved Son, listen to him.*

MT 17:5

I WILL WALK BEFORE THE LORD, IN THE LAND OF THE LIVING.

MONDAY 3|1|2021

*Your words, Lord, are Spirit and life;
you have the words of everlasting life.*

JN 6:63c, 68c

LORD, DO NOT DEAL WITH US ACCORDING TO OUR SINS.

TUESDAY 3|2|2021

*Cast away from you all the crimes you have committed, says the Lord,
and make for yourselves a new heart and a new spirit.*

Ez 18:31

TO THE UPRIGHT I WILL SHOW THE SAVING POWER OF GOD.

WEDNESDAY 3 | 3 | 2021

*I am the light of the world, says the Lord;
whoever follows me will have the light of life.*

JN 8:12

SAVE ME, O LORD, IN YOUR KINDNESS.

THURSDAY 3 | 4 | 2021

*Blessed are they who have kept the word with a generous heart
and yield a harvest through perseverance.*

LK 8:15

BLESSED ARE THEY WHO HOPE IN THE LORD.

FRIDAY 3 | 5 | 2021

*God so loved the world that he gave his only-begotten Son;
so that everyone who believes in him might have eternal life.*

JN 3:16

REMEMBER THE MARVELS THE LORD HAS DONE.

SATURDAY 3 | 6 | 2021

*I will get up and go to my father and shall say to him,
Father, I have sinned against heaven and against you.*

LK 15:18

THE LORD IS KIND AND MERCIFUL.

SUNDAY 3 | 7 | 2021
Third Sunday of Lent

*God so loved the world that he gave his only Son,
so that everyone who believes in him might have eternal life.*

JN 3:16

LORD, YOU HAVE THE WORDS OF EVERLASTING LIFE.

MONDAY 3|8|2021

*I hope in the Lord, I trust in his word;
with him there is kindness and plenteous redemption.*

130:5, 7

ATHIRST IS MY SOUL FOR THE LIVING GOD. WHEN SHALL I GO AND BEHOLD THE FACE OF GOD?

TUESDAY 3 | 9 | 2021

*Even now, says the Lord, return to me with your whole heart;
for I am gracious and merciful.*

JL 2:12-13

REMEMBER YOUR MERCIES, O LORD.

WEDNESDAY 3 | 10 | 2021

*Your words, Lord, are Spirit and life;
you have the words of everlasting life.*

JN 6:63c, 68c

PRAISE THE LORD, JERUSALEM.

THURSDAY 3 | 11 | 2021

*Even now, says the Lord, return to me with your whole heart;
for I am gracious and merciful.*

JL 2:12-13

IF TODAY YOU HEAR HIS VOICE, HARDEN NOT YOUR HEARTS.

FRIDAY 3 | 12 | 2021

*Repent, says the Lord;
the Kingdom of heaven is at hand.*

MT 4:17

I AM THE LORD YOUR GOD: HEAR MY VOICE.

SATURDAY 3 | 13 | 2021

*If today you hear his voice,
harden not your hearts.*

Ps 95:8

IT IS MERCY I DESIRE, AND NOT SACRIFICE.

SUNDAY 3 | 14 | 2021

Fourth Sunday of Lent

*God so loved the world that he gave his only Son,
so everyone who believes in him might have eternal life.*

JN 3:16

LET MY TONGUE BE SILENCED, IF I EVER FORGET YOU!

MONDAY 3 | 15 | 2021

*Seek good and not evil so that you may live,
and the Lord will be with you.*

AM. 5:14

I WILL PRAISE YOU, LORD, FOR YOU HAVE RESCUED ME.

TUESDAY 3 | 16 | 2021

*A clean heart create for me, O God;
give me back the joy of your salvation.*

Ps 51:12A, 14A

THE LORD OF HOSTS IS WITH US; OUR STRONGHOLD IS THE GOD OF JACOB.

WEDNESDAY 3 | 17 | 2021

*I am the resurrection and the life, says the Lord;
whoever believes in me will never die.*

JN 11:25A, 26

THE LORD IS GRACIOUS AND MERCIFUL.

THURSDAY 3 | 18 | 2021

*God so loved the world that he gave his only Son,
so everyone who believes in him might have eternal life.*

JN 3:16

REMEMBER US, O LORD, AS YOU FAVOR YOUR PEOPLE.

FRIDAY 3 | 19 | 2021

Solemnity of Saint Joseph

*Blessed are those who dwell in your house, O Lord;
they never cease to praise you.*

Ps 84:5

THE SON OF DAVID WILL LIVE FOR EVER.

SATURDAY 3 | 20 | 2021

*Blessed are they who have kept the word with a generous heart
and yield a harvest through perseverance.*

LK 8:15

O LORD, MY GOD, IN YOU I TAKE REFUGE.

SUNDAY 3 | 21 | 2021
Fifth Sunday of Lent

*Whoever serves me must follow me, says the Lord;
and where I am, there also will my servant be.*

JN 12:26

O LORD, MY GOD, IN YOU I TAKE REFUGE.

MONDAY 3|22|2021

*I take no pleasure in the death of the wicked man, says the Lord,
but rather in his conversion, that he may live.*

Ez 33:11

EVEN THOUGH I WALK IN THE DARK VALLEY I FEAR NO EVIL; FOR YOU ARE AT MY SIDE.

TUESDAY 3 | 23 | 2021

*The seed is the word of God, Christ is the sower;
all who come to him will live for ever.*

O LORD, HEAR MY PRAYER, AND LET MY CRY COME TO YOU.

WEDNESDAY 3 | 24 | 2021

*Blessed are they who have kept the word with a
generous heart and yield a harvest through perseverance.*

LK 8:15

GLORY AND PRAISE FOR EVER!

THURSDAY 3|25|2021
The Annunciation of the Lord

The Word of God became flesh and made his dwelling among us; and we saw his glory.

JN 1:14

HERE I AM, LORD; I COME TO DO YOUR WILL.

FRIDAY 3 | 26 | 2021

*Your words, Lord, are Spirit and life;
you have the words of everlasting life.*

JN 6:63c, 68c

IN MY DISTRESS I CALLED UPON THE LORD, AND HE HEARD MY VOICE.

SATURDAY 3|27|2021

*Cast away from you all the crimes you have committed, says the Lord,
and make for yourselves a new heart and a new spirit.*

Ez 18:31

THE LORD WILL GUARD US, AS A SHEPHERD GUARDS HIS FLOCK.

SUNDAY 3|28|2021

Palm Sunday

*Christ became obedient to the point of death,
even death on a cross.*

*Because of this, God greatly exalted him
and bestowed on him the name which is above every name.*

PHIL 2:8-9

MY GOD, MY GOD, WHY HAVE YOU ABANDONED ME?

MONDAY 3 | 29 | 2021
Monday of Holy Week

*Hail to you, our King;
you alone are compassionate with our faults.*

THE LORD IS MY LIGHT AND MY SALVATION.

TUESDAY 3 | 30 | 2021
Tuesday of Holy Week

*Hail to you, our King, obedient to the Father;
you were led to your crucifixion like a gentle lamb to the slaughter.*

I WILL SING OF YOUR SALVATION.

WEDNESDAY 3 | 31 | 2021
Wednesday of Holy Week

*Hail to you, our King;
you alone are compassionate with our faults.*

LORD, IN YOUR GREAT LOVE, ANSWER ME.

THURSDAY 4 | 1 | 2021

Holy Thursday

*I give you a new commandment, says the Lord:
love one another as I have loved you.*

Jn 13:34

OUR BLESSING-CUP IS A COMMUNION WITH THE BLOOD OF CHRIST.

FRIDAY 4|2|2021

Good Friday

*Christ became obedient to the point of death,
even death on a cross.*

*Because of this, God greatly exalted him
and bestowed on him the name which is above every name.*

PHIL 2:8-9

FATHER, INTO YOUR HANDS I COMMEND MY SPIRIT.

SATURDAY 4|3|2021

Holy Saturday

Alleluia, alleluia, alleluia!

THE EARTH IS FULL OF THE GOODNESS OF THE LORD.

SUNDAY 4|4|2021

Easter Sunday

*Christ, our paschal lamb, has been sacrificed;
let us then feast with joy in the Lord.*

THIS IS THE DAY THE LORD HAS MADE; LET US REJOICE AND BE GLAD.

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