

Pray during Lent

27 February-5 March 2022



This Wednesday marks the beginning of Lent, a season in which the Church has traditionally encouraged her members to take on the spiritual practices of prayer, fasting and almsgiving. We're called to look both inwards - to reflect on our own spiritual lives - and outwards - to others in need of our compassion and support.

As we begin this 40-day pilgrimage in preparation for the death and resurrection of our Lord Jesus Christ, join us in looking outwards. Beyond our own communities and churches, to all those around the world who find themselves suffering for their beliefs.

Pray this prayer of compassion and solidarity for all those facing injustice every day this week:

Lord Jesus Christ, you spent your life on earth showing kindness and compassion to people different from yourself; to those not of your kind. Give us the grace this Lent to do the same.

You healed lepers.

You ate with tax collectors.

You showed mercy to adulterers.

You befriended Gentiles.

You offered forgiveness to sinners.

In all this, you proved yourself to be a true friend to the 'other.'

Grant, we pray, Lord, that we might have the same mercy and compassion towards the 'others' in our world. Those who do not believe what we believe, but face injustice for peacefully practising their beliefs.

Help us, Lord Jesus, to love our neighbours as ourselves, as you taught us to.

In your precious and powerful name, we pray.

Amen.