

Good & Gracious God,
As we embark on this
Lenten journey we ask you
to prepare our hearts. Help
us to fast, pray and give
alms cheerfully. May our
Lenten sacrifices draw us
ever closer to you.

Amen

LENTEN MEAL PRAYER

Leader: I was hungry.

All: And you gave me food.

L: I was thirsty.

A: And you gave me drink.

L: I was naked.

A: And you clothed me.

L: I was ill.

A: And you comforted me.

L: I was in jail.

A: And you came to see me.

Lord Jesus Christ,

May our Lenten fasting turn us toward all of our brothers
and sisters that who are in need.

Bless this table, our good food, and ourselves, Send us
through Lent with good cheer, and bring us to the fullness
of your Passover.

Amen

-Catholic Household Blessings & Prayers