




A PRAYER FOR A
Lenten Spirit

Be with me this Lent, Jesus, and deepen my spirit.


Let my every sacrifice be underscored with gratitude and humility.

*By giving something up,
may I discover anew all I have taken for granted.
In each small effort,
may I recognize my need for your strength and grace.*



*As I empty myself through fasting,
make me mindful of those for whom
scarcity is an everyday reality.
As I abstain from negativity, self-righteousness,
and arrogance,
replenish me with kindness, understanding,
and good humor.*

*Be with me this Lent, Jesus, and turn my spirit
towards you.
Amen.*




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