

# Lent

## MORNING PRAYER

Monday

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

### REFLECTION

Let us remember that the season of Lent is a time to intensify the *spiritual* side of our lives, by prayer, fasting and alms-giving.

Alms-giving means being charitable.

It means making a sacrifice of something that might be valuable to you for the sake of other people.

Often the biggest sacrifice you can make is to give up some of your valuable free time to help other people, for instance by getting involved in your house 'Lent Collection'.

Your generosity of spirit is probably the most important thing you can give in Lent.

And encourage your family at home to get involved in charitable activities. You can lead the way in being generous, and your family will really respect you for it.

### PRAYERS

Let us pray for those whom we will be helping by our charitable work this Lent. May our efforts bring them hope in their times of trial and hardship.

Lord, hear us...

Let us pray that we find the courage to observe Lent properly, and persevere in our Lenten resolutions.

Lord, hear us...

St. Philip: **Pray for us.** *House Saint:* **Pray for us.**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

# Lent

Tuesday

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

## REFLECTION

As well as alms-giving in Lent, we are encouraged to join together and *fast*.

In the ancient times, fasting was a communal act, and the whole community gave up something collectively, which in some ways is easier, because people support each other.

If you haven't started to fast yet, it's not too late to begin.

Either choose to fast on your own, or do something with some friends.

But don't be too ambitious in your fasting; try to do something that won't be too hard, but will simply serve as a daily reminder that you are making a small sacrifice.

Above all, fasting should never lead us into becoming proud of ourselves. Jesus was always harsh on those who displayed spiritual pride, like the Pharisees.

If you fail in your Lenten resolutions, never despair, but see your failures as a reminder of how weak you are, and how much you need God's help to live a good life.

## PRAYERS

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Let us pray that we find the courage to observe Lent properly, and persevere in our Lenten resolutions. Lord, hear us...

St. Philip: **Pray for us.**

*House Saint:* **Pray for us.**

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

# Lent

Wednesday

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

## REFLECTION

As well as fasting and alms-giving, in Lent we are expected to *pray*.

Don't be a stranger to the School chapel.

You could get into the habit in Lent of stopping by the chapel every day, and saying a quick prayer.

Why not just say one of the Stations of the Cross from the school Service Book, or say a Hail Mary for a different person each day in Lent.

The Service Book has lots of prayer suggestions, so you won't be short of ideas; Its just a question of building up the good habit.

And remember not to be shy of going to Confession.

Confession is available most days on request from the chaplain.

Remember to have a Holy Lent so as to have a Happy Easter!

## PRAYERS

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Lord, hear us...

St. Philip: **Pray for us.** *House Saint:* **Pray for us.**

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen....**

Lent  
Thursday  
**THE 8.20 MASS TOMORROW IS OFFERED  
FOR THE CHARITIES WE ARE GIVING TO THIS LENT**

ROSARY REFLECTION

Let us offer up the Rosary for our Lenten intentions.

FIRST SORROWFUL MYSTERY

**THE AGONY IN THE GARDEN**

*In his anguish, Jesus prayed more earnestly, and his sweat became like great drops of blood falling down on the ground.*

*1x Our Father, who art in heaven, hallowed be thy name. Thy Kingdom come, thy will be done on earth as it is in Heaven. Give us this day....*

*10x Hail Mary full of grace the Lord is with thee. Blessed art thou amongst women, and Blessed is the fruit of thy womb, Jesus. Holy Mary...*

*1x Glory be to the Father, and to the Son, and to the Holy Spirit. As it was... In the name...*

Friday  
FRIDAY PRAYER

*Remember that you can go to the Chapel for Confession this lunchtime.*

Let us say together:

**Bless us Lord, as you call us  
to walk with you on this Lenten Journey.**

**Bless us Lord, as you remind us  
that our purpose is to please You rather than  
pleasing ourselves.**

**Bless us Lord, as we seek the good of others in  
our prayers, fasting and alms-giving.**