

POPE FRANCIS

WITH YOUR
WHOLE

Heart

*Encouragement &
Daily Prayers*



ASH WEDNESDAY

At times we are called to gaze even more attentively on mercy so that we may become a more effective sign of the Father's action in our lives.

*Misericordiae vultus (3), Bull of Indiction of the
Extraordinary Jubilee Year of Mercy, April 11, 2015*

Lord of mercy, you invite us into contemplation in this holy season. Inspire us to seek your face now, in this acceptable time, in this day of salvation. You call us not to heroic acts of fasting or penance, but rather to empty our hearts of the distractions of this world in order to make room for you. May we experience your mercy more fully so that we may become faithful witnesses of your Easter victory. Amen.

READ 2 CORINTHIANS 6:2

THURSDAY
AFTER ASH WEDNESDAY

Do not adopt the worldly patterns of behavior, walk forward, looking at the light that is the promise, in hope; this is the promise like the people of God in the desert: when they looked forward everything went fine; when they were nostalgic because they could no longer eat the good things they formerly had, they made mistakes and forgot that they had no freedom back there.

Homily, Domus Sanctae Marthae, May 29, 2018

Lord of journeys, as we take these first Lenten steps, the light of Easter seems a faraway glimmer. You have set us free and put before us life and light and hope. Walk with us each step through the desert, as we put distance between us and those habits of sin that have kept us in bondage. May each choice this day bring us closer to new life in you. Amen.

READ LUKE 9:23-25

FRIDAY
AFTER ASH WEDNESDAY

The Lord promises refreshment and freedom to all the oppressed of our world, but he needs us to fulfill his promise. He needs our eyes to see the needs of our brothers and sisters. He needs our hands to offer them help... Above all, the Lord needs our hearts to show his merciful love towards the least, the outcast, the abandoned, the marginalized.

Homily, Holy Mass for Migrants, July 6, 2018

Lord of humility, you call us to empty ourselves, following after your example. You joined us in solidarity, taking on our weakness and sin. As we deny ourselves in these holy days, may our hearts be remade in generosity. May we find ways to extend your mercy and blessing to those who are most in need. May our almsgiving be done with reverence for you, that we may discern your face in the least of our sisters and brothers. Amen.

READ ISAIAH 58:6-9A

SATURDAY
AFTER ASH WEDNESDAY

The calling of Matthew is also presented within the context of mercy. Passing by the tax collector's booth, Jesus looked intently at Matthew. It was a look full of mercy that forgave the sins of that man, a sinner and a tax collector, whom Jesus chose—against the hesitation of the disciples—to become one of the Twelve.

*Misericordiae vultus (8), Bull of Indiction of the
Extraordinary Jubilee Year of Mercy, April 11, 2015*

Lord of abundant compassion, remind us of the lengths to which you have gone in calling us to you. When we are inclined to withhold mercy to another, remind us of the debt you have paid on our behalf. When our love for neighbor is found wanting, restore unto us the joy of your salvation. Make us worthy of the call we've received, not simply to accept your mercy, but to share it. Amen.

READ LUKE 5:27-32

FIRST SUNDAY
OF LENT

*Strength for
the Journey*

Jesus, instead of engaging in dialogue [with Satan],...chooses to take refuge in the Word of God and responds with the power of this Word. Let us remember this: at the moment of temptation, of our temptations, there is no arguing with Satan, our defense must always be the Word of God!

Angelus, March 9, 2014

Lord, our constant refuge, you are present in your word to nourish us and defend us against the attacks of the enemy. You know our weakness, and you come to rescue us in our wretchedness. Give us strength for the journey, help us to resist temptation, set us free from oppression. May your word be always on our lips, to savor and to share. Amen.

READ DEUTERONOMY 26:6-9

MONDAY
FIRST WEEK OF LENT

Do not be afraid of holiness. It will take away none of your energy, vitality or joy. On the contrary, you will become what the Father had in mind when he created you, and you will be faithful to your deepest self.

Gaudete et exsultate (32), March 19, 2018

Holy, holy, holy Lord! You are the source of every blessing, and yet you call us to yourself. You raise us up, perfecting our humanity by allowing us to share in your divinity. What could we possibly have done to merit such a gift? Nothing! You save us, not out of our goodness, but yours. Inflammate our hearts with your charity, especially for those despised by the world, that we may be made perfect in you. Today and every day, let us find ourselves in you. Amen.

READ LEVITICUS 19:2

TUESDAY
FIRST WEEK OF LENT

If I toss a seed, I lose it...there is always
some loss in sowing the Kingdom of God.
If I mix the yeast, I will dirty my hands!
Woe to those who preach the Kingdom
with the illusion of not soiling their hands.

Morning Meditation, Domus Sanctae Marthae,

October 31, 2017

Lord of sowing and kneading, show us the power of the seed of your word, the potential of the yeast that you mix into the dough of our lives. Help us to not fear loss, but rather, to strive after the gain of your kingdom, sharing in the crown of your victory. Give us the courage to sow generously, to mix enthusiastically, to share your love and compassion joyfully and unsparingly! Amen.

READ ISAIAH 55:10-11

WEDNESDAY
FIRST WEEK OF LENT

The Jonah syndrome afflicts those without zeal for the conversion of others; what they are looking for is a holiness, if I may say, a holiness they can pick up at the dry-cleaners. It is clean and pressed but wholly lacking in the zeal that leads us to preach and proclaim the Lord.

Morning Meditation, Domus Sanctae Marthae,

October 14, 2013



Lord of seeking, you beckon us onward in our desert journey. As we make our way from Ash Wednesday, we realize our thirst for you is still unquenched. We cling to habits that keep us from embracing you. We recognize that we've often undertaken penance for our own sake rather than for you. Let us walk with you, seeking the lost and delivering the message of your loving kindness. Rekindle our zeal to bring others to know you. Amen.

READ JOEL 2:12-13

POPE FRANCIS
WITH YOUR
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Pope Francis guides the entire Catholic Church with his compassion and wisdom. And yet, his words also speak to us as individuals. This Lent, allow the pope's words to bring you to a more personal relationship with the Lord, prompting you to take part in this holy season "With Your Whole Heart!" Each day, quotes from Pope Francis are followed by prayers and suggested Scripture passages for further enrichment. Give your faith life a boost as you gain encouragement and insight for your journey toward the great celebration of Jesus' victory over sin and death at Easter.

This book, along with many other Creative Communications for the Parish products, is available on  and 

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